

mood

mem

:)

my logged moods

search

emotion

title if applicable

date

time

(Low/WNL/Elev + Mild/Mod/Sev)

Irr=0-3 & Anx=0-3 | HOURS

emotion

title if applicable

date

time

(Low/WNL/Elev + Mild/Mod/Sev)

Irr=0-3 & Anx=0-3 | HOURS

indifferent

title if applicable

Date & Time

LOW MILD

Irr: 2 | Anx:1

hours slept

q

post

~

Medications:

~ (medicine 1) (dosage) (Y/N ☐)

~ Lamotrigine 100 mg ☒

Appointments:

~ (type) (doctor) (☒/☐)

Menses:

~(Day#) (flow level) (pain level)

Symptom buttons chosen if any:

notes

write comment from hindsight

done

emotion

title if applicable

date

time

(Low/WNL/Elev + Mild/Mod/Sev)

Irr=0-3 & Anx=0-3 | HOURS

emotion

title if applicable

date

time

3 MOOD LOGS

- static
- button
- to a new page
- pop up window
- input field

display only

nice to have