

Bipolar Support Toolkit

- Daily Log -



What's Inside

Practical tools to support daily treatment, side-effect management, and informed conversations with your healthcare provider.

Daily Medication & Mood Tracker

- ✓ Portrait table with rows for daily use.
- ✓ Columns for date, meds/dose, mood, sleep, side effects, effectiveness, notes.

Side Effects Quick-Reference Sheet

- ✓ Table of common side effects (weight, fatigue, tremor, rash, mood).
- ✓ Guidance on what's mild, what needs monitoring, and when to call a doctor.

Doctor Appointment Prep Sheet

- ✓ Checklist to bring: current meds, side effects, mood averages, questions, life changes.

Crisis Plan Card

- ✓ Compact info to fill out: emergency contacts, hospital, psychiatrist, meds, allergies.

If someone may be at risk of harming themselves or others, call or text [988](https://www.988lifeline.org/) in the United States for the Suicide & Crisis Lifeline (24/7), or contact local emergency services.

Month:

Week from : to :

Daily Medication & Mood Tracker

Use this table to track your medications, side effects, and daily well-being.

Date	Medication & Dose	Taken? (Y/N)	Time Taken	Mood (-3 to +3)	Sleep (hrs + quality)	Side Effects (mild/mod/severe)	Effectiveness (None/Strong)	Notes
1								
2								
3								
4								
5								
6								
7								

Side Effects Quick-Reference Sheet

Track common side effects, their severity, and actions to take.

Side Effect	Mild (Self-care)	Moderate (Monitor)	Severe (Call doctor immediately)
Weight gain	Small appetite changes	Noticeable weight changes	Sudden rapid gain
Sedation/Fatigue	Occasional drowsiness	Persistent daytime fatigue	Unable to function
Tremor	Mild hand shake	Interferes with tasks	Severe shaking
Rash	Minor irritation	Expanding rash	Severe widespread rash
Mood worsening	Low motivation	Persistent sadness	Thoughts of self-harm

Use this sheet as a guide: note what's mild and manageable at home, what needs monitoring and discussion at your next visit, and when a side effect is serious enough to call your doctor right away.

Doctor Appointment Prep Sheet

- ✓ **Checklist to bring:** current meds, side effects, mood averages, questions, life changes.
- ✓ Doctor Appointment Prep Sheet
- ✓ Current medications and doses
- ✓ Noted side effects (with severity)
- ✓ Average mood and sleep over the last weeks
- ✓ Key questions to ask (e.g., 'How will we know if this is working?', 'What are alternatives?')
- ✓ Any life changes (pregnancy plans, new diagnoses, stressors)

Crisis Plan Card

Fill out this card and keep it with you. Share a copy with someone you trust.

Emergency Contact (Name & Phone)	
Backup Contact (Name & Phone)	
Preferred Hospital / Crisis Service	
Psychiatrist / Doctor (Name & Phone)	
Current Medications & Doses	
Allergies (Medications / Food)	
Other Notes (safety plan, triggers, warnings)	