

characteristic	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
inflated self esteem/grandiosity							
decreased need for sleep (feeling rested with less than 3-4 hrs per night, for example)							
more talkative/ pressure to keep talking							
flight of ideas/ racing thoughts							
easily distracted by unimportant stimuli							
increased goal-directed activity (school/social/ sexual) or psychomotor agitation							
excessive involvement in risky activities							
hallucinations/ delusions/ responding to those who are not there/							

**Rating:**

**0** Absent

**1** Mild: Symptoms which might go unnoticed if patient hadn't been as closely supervised

**2** Moderate: Symptoms cause some impairment in ability to function at school or interpersonally or are minimally annoying or troublesome to others.

**3** Severe: Symptoms cause notable impairment in ability to function, and are significantly annoying and troublesome to others.