

Caregiver Diary

Taking care of a loved one with bipolar disorder is a challenge. This diary will help you keep track of the many communications you may have on your loved one's behalf.

You can also record the moods and behavior you observe.



Print out this form to record:

- Phone conversations
- Medications and doctor appointments
- Behaviors and moods
- Your own "time for myself" activities



Date: _____

Who did I speak with? _____

Topic of the conversation: _____

Follow up: _____

Medication prescribed _____ Date: _____

New or same (circle one)

Doctor's name: _____ Phone: _____

Date of next doctors visit: _____ Time: _____

Behavior or mood observed: _____ Date: _____

_____	_____
_____	_____
_____	_____
_____	_____

Did I take time for myself? List recreational, social and other activities you enjoyed during the past few weeks.

My activity: _____ Date: _____

_____	_____
_____	_____