

Sample 2: Sleep Log
Created by TKJ; Marion Hunt, M.Ed.

Numbers 1 through 31 are days of the month.
Indicate in the boxes if the person was awake or sleeping.

A = Awake S = Sleeping

| Time for Sleeping | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|-------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 10:00-10:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30-11:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:00-11:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30-12:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00-12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30-1:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:00-1:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:30-2:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:00-2:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:30-3:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:00-3:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:30-4:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:00-4:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:30-5:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:00-5:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30-6:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:00-6:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:00-7:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30-8:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Sample 3: Mood Chart
Created by TKJ; Marion Hunt, M.Ed.

Mark the daily mood of the person.
It is important to assess the mood on a consistent basis using the same criteria.

| Date | -5 | -4 | -3 | -2 | -1 | 0 | +1 | +2 | +3 | +4 | +5 |
|------|----------------|----|----|-----------|----|---|----|---------------|----|----|----|
| 1 | Depressed Mood | | | Even Mood | | | | Elevated Mood | | | |
| 2 | Depressed Mood | | | Even Mood | | | | Elevated Mood | | | |
| 3 | Depressed Mood | | | Even Mood | | | | Elevated Mood | | | |
| 4 | Depressed Mood | | | Even Mood | | | | Elevated Mood | | | |
| 5 | Depressed Mood | | | Even Mood | | | | Elevated Mood | | | |
| 6 | Depressed Mood | | | Even Mood | | | | Elevated Mood | | | |
| 7 | Depressed Mood | | | Even Mood | | | | Elevated Mood | | | |

*** Ask your provider in the HOME Program for an actual copy of the sample forms.**