

MOOD AND GOAL TRACKING DIARY FOR THE MONTH OF _____

Enter your information every day and bring the completed diary with you to your next health care provider (HCP) appointment.

STEP 1: Record the medications you take every day. List the primary medications you're currently taking for your moods and the dosage for each. If you take more than five medications, ask your HCP which ones are most appropriate to include.

Medication 1: _____ Dosage: _____ Times per day: _____

Medication 2: _____ Dosage: _____ Times per day: _____

Medication 3: _____ Dosage: _____ Times per day: _____

Medication 4: _____ Dosage: _____ Times per day: _____

Medication 5: _____ Dosage: _____ Times per day: _____

Check the boxes for each medication you took today.

Day	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
Medication 1																															
Medication 2																															
Medication 3																															
Medication 4																															
Medication 5																															

STEP 2: Rate your daily mood. Check the box that best describes your mood today.

Day	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
ELEVATED Severe																															
Moderate																															
Mild																															
STABLE																															
Mild																															
Moderate																															
Severe DEPRESSED																															



Please refer to page 3 for Important Safety Information about SEROQUEL XR

Please print the full **Prescribing Information**, including **Boxed Warnings**, and discuss it with your health care provider.

STEP 3: List the daily and long-term goals you have set for yourself. A “daily goal” is something that can be accomplished each day, for example, getting to work on time or completing an exercise routine.

Daily Goal 1: _____

Daily Goal 2: _____

Daily Goal 3: _____

A “long-term goal” is something you can work toward on a daily basis but takes more than one day to accomplish, for example, completing a class or finishing a project.

Long-term goal: _____

Track progress toward your daily and long-term goals. Did you accomplish your daily goals or make progress toward your long-term goal(s) this day? Mark “G” for good progress, “S” for some progress, and “N” for little or none.

Day	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
Daily Goal 1																															
Daily Goal 2																															
Daily Goal 3																															
Long-term Goal																															

STEP 4: Match your goal diary with your mood and medication diary above. Do you see a relationship? Write your comments and thoughts here.

Remember that it’s important for you and your HCP to discuss your diary as well as any questions or concerns you have about your medications or treatment plan. So be sure yours is up-to-date and bring it with you to your next appointment with your HCP.

Key dates to remember:

Next appointment with your HCP _____ Time to refill your medications _____



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Important Safety Information about SEROQUEL XR

This is not a complete summary of safety information. Please print the full [Prescribing Information](#), including Boxed Warnings, and discuss it with your health care provider.

SEROQUEL XR is a once-daily tablet approved to treat acute depressive episodes in bipolar disorder; acute manic or mixed episodes in bipolar disorder alone or when added to lithium or divalproex; and long-term maintenance of bipolar disorder when added to lithium or divalproex.

Elderly patients with dementia-related psychosis (having lost touch with reality due to confusion and memory loss) treated with this type of medicine are at an increased risk of death, compared to placebo (sugar pill). SEROQUEL XR is not approved for treating these patients.

Antidepressants have increased the risk of suicidal thoughts and actions in some children, teenagers, and young adults. Patients of all ages starting treatment should be watched closely for worsening of depression, suicidal thoughts or actions, unusual changes in behavior, agitation, and irritability. Families and caregivers should watch patients daily and report these symptoms immediately to the physician. SEROQUEL XR is not approved for patients under the age of 18 years.

High blood sugar and diabetes have been reported with SEROQUEL XR and medicines like it. If you have diabetes or risk factors such as obesity or a family history of diabetes, ask your doctor about checking your blood sugar before starting SEROQUEL XR and regularly throughout treatment. If you develop symptoms of high blood sugar or diabetes, such as excessive thirst or hunger, increased urination, or weakness, contact your doctor. Complications from diabetes can be serious and even life threatening.

Increases in cholesterol and triglycerides, and weight gain have been reported with SEROQUEL XR.

A rare, but potentially fatal, side effect reported with SEROQUEL XR and medicines like it is neuroleptic malignant syndrome (NMS). Tell your doctor if you have very high fever; rigid muscles; shaking; confusion; sweating; changes in pulse, heart rate, or blood pressure; or muscle pain and weakness because treatment should be stopped if you have NMS.

Another serious side effect reported with SEROQUEL XR and medicines like it is tardive dyskinesia (TD)—uncontrollable movements of the face, tongue, or other parts of the body. TD may become permanent, and the risk of TD is believed to increase as the length of time on and the amount of these medications increase. While TD can develop in patients taking low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if treatment is stopped.

Before starting treatment, tell your doctor if you have high prolactin levels or have a history of, or are at risk for, seizures or a low white blood cell (WBC) count. An eye exam for cataracts is recommended at the beginning of treatment and every 6 months thereafter. During treatment, tell your doctor if you feel dizzy or lightheaded upon standing. Suicidal thoughts or actions may occur; tell your doctor if you have thoughts about death or suicide. Since drowsiness has been reported with SEROQUEL XR, you should not participate in activities such as driving or operating machinery until you know that you can do so safely. Avoid drinking alcohol while taking SEROQUEL XR because SEROQUEL XR increases the effects of alcohol. Avoid becoming overheated or dehydrated while taking SEROQUEL XR.

Common side effects: The most common side effects are drowsiness, dry mouth, increases in cholesterol and triglycerides, constipation, upset stomach, dizziness, a sudden drop in blood pressure upon standing, weight gain, increased hunger, tiredness, increases in blood sugar, difficulty speaking, and stuffy nose.



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