

Monthly memory, awareness & mood log

Page 1 of 2 · Days 1–16

Fill on a computer or print and write by hand. Days continue on page 2.

Month	Year	Name of person	Age	Filled by / relationship

Town / care setting (optional)	Clinician / care team (optional)	Focus this month (optional)

Each day: score memory & awareness 0–10 · check one mood (Bad / Okay / Good) · add short notes

Day	Memory & awareness (/10)	Mood (check one)			Notes
1	/ 10	☐ Bad	☐ Okay	☐ Good	
2	/ 10	☐ Bad	☐ Okay	☐ Good	
3	/ 10	☐ Bad	☐ Okay	☐ Good	
4	/ 10	☐ Bad	☐ Okay	☐ Good	
5	/ 10	☐ Bad	☐ Okay	☐ Good	
6	/ 10	☐ Bad	☐ Okay	☐ Good	
7	/ 10	☐ Bad	☐ Okay	☐ Good	
8	/ 10	☐ Bad	☐ Okay	☐ Good	
9	/ 10	☐ Bad	☐ Okay	☐ Good	
10	/ 10	☐ Bad	☐ Okay	☐ Good	
11	/ 10	☐ Bad	☐ Okay	☐ Good	
12	/ 10	☐ Bad	☐ Okay	☐ Good	
13	/ 10	☐ Bad	☐ Okay	☐ Good	
14	/ 10	☐ Bad	☐ Okay	☐ Good	
15	/ 10	☐ Bad	☐ Okay	☐ Good	
16	/ 10	☐ Bad	☐ Okay	☐ Good	

Personal care log only — not a medical diagnosis. Share with a clinician if useful.

Monthly memory, awareness & mood log (continued)

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Same month as page 1. Days 17–31.

Day	Memory & awareness (/10)	Mood (check one)	Notes
17	/ 10	☐ Bad ☐ Okay ☐ Good	
18	/ 10	☐ Bad ☐ Okay ☐ Good	
19	/ 10	☐ Bad ☐ Okay ☐ Good	
20	/ 10	☐ Bad ☐ Okay ☐ Good	
21	/ 10	☐ Bad ☐ Okay ☐ Good	
22	/ 10	☐ Bad ☐ Okay ☐ Good	
23	/ 10	☐ Bad ☐ Okay ☐ Good	
24	/ 10	☐ Bad ☐ Okay ☐ Good	
25	/ 10	☐ Bad ☐ Okay ☐ Good	
26	/ 10	☐ Bad ☐ Okay ☐ Good	
27	/ 10	☐ Bad ☐ Okay ☐ Good	
28	/ 10	☐ Bad ☐ Okay ☐ Good	
29	/ 10	☐ Bad ☐ Okay ☐ Good	
30	/ 10	☐ Bad ☐ Okay ☐ Good	
31	/ 10	☐ Bad ☐ Okay ☐ Good	

End-of-month notes (patterns, questions for the clinician, what helped)