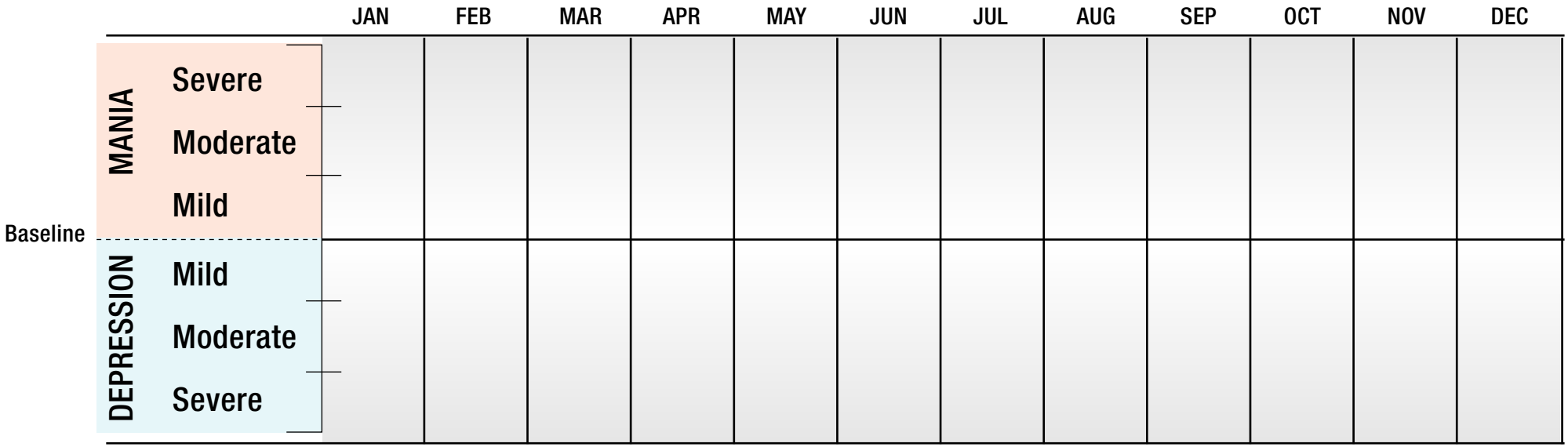
1-YEAR LIFE CHART

Shade up or down from baseline depending on mood level.



LIFE EVENTS

MEDICATIONS

COMMENTS