

DEPRESSION TRACKER

Week of: ____ / ____ / ____

Symptoms and Behaviors	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sadness Level	-0-1-2-3-4- None High	-0-1-2-3-4- None High	-0-1-2-3-4- None High	-0-1-2-3-4- None High	-0-1-2-3-4- None High	-0-1-2-3-4- None High	-0-1-2-3-4- None High
Fatigue							
No appetite							
Overeating							
Repeated thoughts							
Unmotivated							
Irritable							
Low concentration							
Anxious							
Self isolation							
Suicidal thoughts							
Feeling hopeless							
Feeling worthless							
Indecisive							
Hours of sleep							
Weight gain or loss							
Medication taken							
Notes							

Coping Techniques: