

Depression Progress Tracker

0 = At no time 1 = Once or twice 2 = Some of the day 3 = Half of the day 4 = Most of the day 5 = All of the day

Week Starting ___/___/___

Sun Mon Tue Wed Thur Fri Sat

Today I felt:							
Cheerful or in Good Spirits							
Good About Myself							
Calm and Relaxed							
Active and Vigorous							
Satisfied With My Appetite							
Interested in My Activities							
Able to Focus and Concentrate							
Add up Your Total Points							

NOTES

Add notes to help detail and remember your day.

Daily Record: Today Did You:							
Take Your Antidepressant Medicine?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Exercise?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Get Enough Sleep? How Many Hours?	<input type="checkbox"/> Y _____ <input type="checkbox"/> N _____	<input type="checkbox"/> Y _____ <input type="checkbox"/> N _____	<input type="checkbox"/> Y _____ <input type="checkbox"/> N _____	<input type="checkbox"/> Y _____ <input type="checkbox"/> N _____	<input type="checkbox"/> Y _____ <input type="checkbox"/> N _____	<input type="checkbox"/> Y _____ <input type="checkbox"/> N _____	<input type="checkbox"/> Y _____ <input type="checkbox"/> N _____

Please note: This is not a diagnostic tool. Only a health care professional can diagnose depression.

This tracker may help you prepare for a discussion with your health care professional about depression symptoms you may have.