DEPRESSION MOOD AND SYMPTOM TRACKER

MONTH:

		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
GOOD MOOD	5																												
	4																												
MOOD LEVEL	3																												
	2																												
LOW MOOD	1																												

MOOD KEY

DRAW A DOT NEXT TO THE NUMBER THAT REPRESENTS YOUR MOOD. JOIN THE DOTS UP AS YOU GO, SO THAT YOU CREATE A WAVELENGTH.

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
SAD																												
HOPELESS																												
APATHETIC																												
TEARFUL																												
SLEEPING MORE																												
SLEEPING LESS / INSOMNIA																												
CHANGE IN APPETITE																												
ISOLATED OR LONELY																												
IRRITABLE, RESTLESS																												
FATIGUED																												
UNABLE TO FOCUS																												
INDECISIVE																												
UNMOTIVATED																												
FEELING WORTHLESS																												
LOSS OF INTEREST																												
LOW SEX DRIVE / LIBIDO																												
FEELINGS OF SHAME																												
FEELINGS OF GUILT																												
AVOIDING SOCIAL CONTACT																												
LOW MOOD																												

SYMPTOMS KEY

JOT THE NUMBER DOWN EACH DAY THAT BEST REPRESENTS YOUR LEVEL OF EACH SYMPTOM.

0	NONE
1	LOW SYMPTOMS
2	A FEW SYMPTOMS
3	SOME SYMPTOMS
4	HIGH SYMPTOMS
5	VERY HIGH SYMPTOMS

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