DEPRESSION TRACKER

MONTH _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
SADNESS LEVEL																															
High																															
Medium																															
Low																															
None																															
OTHER SYMPTOMS																															
Fatigue																															
No Appetite																															
Overeating																															
Repeated Thoughts																															
Unmotivated																															
Irritable																															
Lack of Concentration																															
Anxiety																															
Isolating self from others																															
Thoughts of death/suicide																															
Feeling hopless																															
Feeling worthless																															
Indecisive																															
SLEEP & WEIGHT																															
Hours of Sleep																															
Weight gain or loss																															