

My Mood & Actions Tracker

Use this daily log to help track any symptoms of depression you may be having. You may not experience all of the symptoms listed and can leave those boxes blank.

Name:

Month:

Current Medications:

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How I am feeling or acting...		1 = mild 2 = moderate 3 = severe																													
Date:	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
Sad																															
Hopeless																															
Irritable																															
Restless																															
Tired/fatigued																															
Helpless																															
Isolated/antisocial																															
Loss of appetite																															
Excessive hunger/eating																															
Weight gain																															
Weight loss																															
Trouble sleeping																															
Other _____																															
Other _____																															
Other _____																															
Other _____																															

Share your tracker with your healthcare provider.

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A series of horizontal dotted lines for tracking mood and actions.