My Progress Tracker

Tracking your mood day by day can be a useful tool to help you monitor your progress. And by tracking your progress over time, and sharing the results with your doctor, you can identify personal trends that might help you and your doctor in managing your depression.

Simply write the number that best corresponds to how often you've felt each item listed below. Then add up the numbers in each column for your daily score. By comparing your daily/weekly scores you can see your progress from week to week.

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

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							
Daily Record: Today Did You:							
Take Your Antidepressant Medicine?	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
Exercise?	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
Get Enough Sleep? How Many Hours?	☐ Y ☐ N ____	☐ Y ☐ N ____	☐ Y ☐ N ____	☐ Y ☐ N ____	☐ Y ☐ N ____	☐ Y ☐ N ____	☐ Y ☐ N ____

NOTES

Add notes to help detail and remember your day.

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