

Daily Tracker

Track how you are feeling over time

Circle below to rate your feelings each day and add any notes that apply

This resource is provided to you as an educational resource. It is not intended as, nor is a replacement for, medical advice and treatment from your doctor.



Did you take your medicine today?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YES	YES	YES	YES	YES	YES	YES
NO	NO	NO	NO	NO	NO	NO
NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:



Medication/Side Effects

Rate how well you are responding to your medication (do you have any side effects, issues, concerns?)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:



Motivation/Social

Rate your energy level and how motivated you are to get things done

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:



Focus

Rate how well you are able to concentrate on daily tasks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:

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Sleep

Rate how you are sleeping

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:



Appetite

Rate how well you are eating a healthy and balanced diet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:



Mood

Rate how you felt overall today

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:

**You can use this tracker every day
and share it with your doctor at each office visit.**

This is not a diagnostic tool. Only a health care professional can diagnose mental illness. Always follow the health care advice of your doctor. Do not change the way you take your medication without talking to your doctor. If you ever have suicidal thoughts, call your doctor or 911 or go to the emergency room. Take suicidal thoughts seriously and get help immediately.