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						П																							\dashv		\exists
Medium						П																							\neg		\Box
Low						П																							\Box		
None																															
OTHER SYMPTOMS																															
Fatigue						П																							\dashv		\exists
No Appetite						П																							\dashv		\Box
Overeating	Г					П																							\Box		
Repeated Thoughts																															
Unmotivated																													\Box		
Irritable																															
Lack of Concentration																															
Anxiety																															
Isolating self from others																															
Thoughts of death/suicide																															
Feeling hopless																															
Feeling worthless																															
Indecisive																															
SLEEP & WEIGHT																															
Hours of Sleep																															П
Weight gain or loss																													\Box		

