



Track the frequency of any symptoms you experience by shading the square in the symptom row for the day you experienced it. If you did not experience a symptom, leave it blank. You can also track the intensity of any symptoms you experience by shading in the appropriate square with the color that best matches the intensity you felt this symptom. Learn more about each symptom and record more details about your experiences on the [SYMPTOMS JOURNAL](#).

SYMPTOMS INTENSITY COLOR KEY

Mildly experiencing this symptom



Extremely impaired by this symptom

DAY OF 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/Despair																																
Helplessness/Hopelessness																																
Agitation/Irritability																																
Social Withdrawal																																
Low Self-Esteem																																
Low Motivation/Loss of Interest																																
Impulsivity																																
Inability to Concentrate																																
Aggressive Behavior																																
Grandiose Ideas																																
Racing Thoughts																																
High Anxiety/Excessive Worry																																
Sleep Problems																																
Headache																																
Body Ache/Pain																																
Decreased or Increased Appetite																																
Feelings of Guilt or Self-Blame																																
Thoughts of Death or Suicide																																

