

# Depression Tracking Sheet

Week # \_\_\_\_\_

Action	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level of sadness/ low mood (1-10)							
Any thoughts of self harm?							
Depression Trigger: Negative thoughts, negative people, negative environment etc.							
What did you do to relieve your depression?							
Did it help? (1-10)							
Any joint/body pain?							
Any Digestive symptoms?							
Other symptoms							

Functional Medicine is a personalized approach to identification of the root cause of disease and empowerment of individuals to heal themselves.

[www.theholistichealing.org](http://www.theholistichealing.org)