

Use the chart to indicate if you have experienced any of the symptoms. Rate the intensity of your symptoms from 1 to 10, where 1 = very minimal, to 10 = very severe.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date:							
Depressed mood							
Loss of interest or pleasure							
Increase / decrease in appetite							
Sleeping too much							
Physically agitated							
Physically slowed down / loss of energy							
Fatigue							
Feeling worthless or guilty							
Unable to concentrate or make decisions							
Thoughts of death or suicide							
Elevated or irritable mood							
Increased self-esteem or self-confidence							
Decreased need for sleep							
More talkative than usual							
Racing thoughts							
Easily distracted							
Increase in goal-directed activity							
Increase in risky behaviors							
Overly eager to engage in pleasurable activities							