

Weekly mood and medicine log

Fill on a computer or print and write by hand. Medicines and questions are on page 2.

Name

Week starting

Filled in by (you or a family member)

Each day	Mon date	Tue date	Wed date	Thu date	Fri date	Sat date	Sun date
Mood 0 = worst, 10 = best	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Sleep Hours last night	hrs	hrs	hrs	hrs	hrs	hrs	hrs
Energy Low, medium, or high							
Activity or exercise What, and for how long							
Medicines taken Name, dose, time							
Missed or late dose Which one, and why	☐ Yes ☐ No 	☐ Yes ☐ No 	☐ Yes ☐ No 	☐ Yes ☐ No 	☐ Yes ☐ No 	☐ Yes ☐ No 	☐ Yes ☐ No
Side effects What, and how bad							
Notable events Stress, changes, good moments							
Thoughts of death or self-harm Yes or no. If yes, call or text 988	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No

If you have thoughts of death or of hurting yourself on any day, do not wait for your appointment. Call or text 988 or chat at 988lifeline.org (988 Suicide & Crisis Lifeline, free and confidential, 24/7). In a life-threatening situation, call 911.

My medicines and questions

Bring this sheet, and page 1, to your next appointment.

My medicines

Include over-the-counter medicines, herbal remedies, vitamins, and supplements.

Medicine	Dose	When I take it	What it is for	Started

Questions for my next appointment

Write them down as they come up during the week.

1.

2.

3.

4.

5.

6.

7.

8.

9.

Other notes for the week

Tips for tracking and bringing notes (from the National Institute of Mental Health and MedlinePlus)

Notes make the visit easier. A provider may ask when symptoms began, how long they have lasted, how often they happen, and whether they keep you from usual activities. Source: [nimh.nih.gov/health/publications/depression](https://www.nimh.nih.gov/health/publications/depression)

Be specific. Describe symptoms, when they started, how severe they are, and how often they happen. Share major stress or recent life changes. Source: [nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider](https://www.nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider)

List every medicine, including over-the-counter drugs, herbal remedies, vitamins, and supplements. Source: [nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider](https://www.nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider)

Watch sleep and appetite, not only mood. Antidepressants usually take 4 to 8 weeks to work; sleep, appetite, and concentration often improve before mood lifts. Source: [nimh.nih.gov/health/publications/depression](https://www.nimh.nih.gov/health/publications/depression)

Do not wait to report some changes. Call your provider right away about new or worsening symptoms, unusual mood changes, or acting differently. Never change a dose or stop an antidepressant on your own. Source: [medlineplus.gov/antidepressants.html](https://www.medlineplus.gov/antidepressants.html)