

SYMPTOM TRACKER

Week of: _____

Scale: 0 = None | 1-3 = Mild | 4-6 = Moderate | 7-9 = Severe | 10 = Crisis

SYMPTOM / METRIC	MON	TUE	WED	THU	FRI	SAT	SUN
Mood (Overall)							
Anxiety Level							
Sleep (Hours)							
Energy Level							
Appetite							
Focus / Concentration							
Social Withdrawal							
Irritability							
Physical Tension							
Self-Care Routine							

TRIGGERS & OBSERVATIONS

WINS & GRATITUDE