

DAILY REVIEW – 1 MONTH

- 0 = Good – no symptoms
- 1 = Questionable
- 2 = Problems observed

SYMPTOM	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
Weepy, emotional																															
Apprehensive, health worries																															
Rumination, wasting life																															
Overwhelmed, helpless																															
Social withdrawal																															
Lack of social plans																															
Cancelled social plans																															
Sleep cycle changes																															
Housekeeping, daily chores																															

Call Roberta if:

1. there are more than 2 X's for more than 2 days
2. you go more than 2 days without filling out the chart