

Daily Depression Log / Progress Chart

Rate your level of depression for the day, using this scale:

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10
 No depression moderate Worst you've felt

At the end of the week, add all your ratings and divide by 7. Plot this average score for each week on the Weekly Progress Chart at the bottom of the page. You should see your ratings go down as you work through the program.

Daily Depression Log								
Week ↓	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Average (add scores for the week and divide by 7)
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								

Weekly Progress Chart																
Average Depression Rating	10															
	9															
	8															
	7															
	6															
	5															
	4															
	3															
	2															
	1															
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	

Daily Depression Log / Progress Chart

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0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10
No depression moderate Worst you've felt

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Daily Depression Log								
Week ↓	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Average (add scores for the week and divide by 7)
1			9	9	8	8	10	8.8
2	8	9	7	5	7	9	5	7.1
3	7	6	6	4	4	7	4	5.4
4	6	3	4	8	5	7	10	6.1
5	6	5	3	5	6	8	4	5.3
6	3	5	4	5	8	5	5	5
7	6	3	8	3	3	5	4	4.5
8	3	3	4	2	6	3	5	3.7
9	6	5	3	3	5	2	4	4
10	4	3	4	4	2	1	5	2.7
11	3	2	1	2	3	4	2	2.4
12	2	3	0	1	1	0	2	1.3
13	2	1	1	0	0	3	1	1.1
14	0	1	2	0	1	2	0	0.9
15	0	1	0	1	2	0	0	0.6

