UNIVERSITY OF MICHIGAN DEPRESSION CENTER

Comprehensive Daily Self Care Log

www.DepressionToolkit.org

Date: _____

This tool is intended to help you summarize several components of your self-care program. Space is provided for recording information about daily nutrition, exercise, sleep and medication, and for tracking your mood, symptoms and daily goals.

The food choices I made today:

Did I eat a balanced diet today?

Fruits & Veggies ☐ ☐ ☐ ☐ ☐

Dairy ☐ ☐ ☐ Lean Protein ☐ ☐ ☐ ☐ ☐

Whole Grains ☐ ☐ ☐ ☐ ☐ ☐

Fats/Oils ☐ ☐ ☐

Today's physical activity:

Notes: How did I feel before/during/after activity?

Activity/ # minutes _____ _____ _____

Activity / # minutes _____ _____ _____

Activity / # minutes _____ _____ _____

My medications for today:

	dose taken
Rx #1_____	☐ ☐ ☐
Rx #2 _____	☐ ☐ ☐
Rx #3 _____	☐ ☐ ☐
Rx #4 _____	☐ ☐ ☐
RX #5 _____	☐ ☐ ☐
Rx #6 _____	☐ ☐ ☐
Rx #7 _____	☐ ☐ ☐

My sleep record:

My sleep target: _____

Actual bedtime last night: _____

Estimated hours slept last night: _____

Target bedtime tonight: _____

My goals for today: _____

My end-of-day recap: _____

My goals for tomorrow: _____

For More Information
University of Michigan Depression Center
800-475-6424 www.depressioncenter.org

©2003-2010 Regents of the University of Michigan