

DEPRESSION Self-Management DIARY

This is a tool that can help you keep track of your progress in managing your depression.

Date	Healthy Activities		How you felt as a result
	<input type="checkbox"/> Healthy eating <input type="checkbox"/> Healthy sleep pattern <input type="checkbox"/> Exercise <input type="checkbox"/> Faith/spiritual support <input type="checkbox"/> Spent time with family/friends	<input type="checkbox"/> Counseling session <input type="checkbox"/> Taking medication as prescribed <input type="checkbox"/> Activities that are enjoyable: <hr/>	
	<input type="checkbox"/> Healthy eating <input type="checkbox"/> Healthy sleep pattern <input type="checkbox"/> Exercise <input type="checkbox"/> Faith/spiritual support <input type="checkbox"/> Spent time with family/friends	<input type="checkbox"/> Counseling session <input type="checkbox"/> Taking medication as prescribed <input type="checkbox"/> Activities that are enjoyable: <hr/>	
	<input type="checkbox"/> Healthy eating <input type="checkbox"/> Healthy sleep pattern <input type="checkbox"/> Exercise <input type="checkbox"/> Faith/spiritual support <input type="checkbox"/> Spent time with family/friends	<input type="checkbox"/> Counseling session <input type="checkbox"/> Taking medication as prescribed <input type="checkbox"/> Activities that are enjoyable: <hr/>	
	<input type="checkbox"/> Healthy eating <input type="checkbox"/> Healthy sleep pattern <input type="checkbox"/> Exercise <input type="checkbox"/> Faith/spiritual support <input type="checkbox"/> Spent time with family/friends	<input type="checkbox"/> Counseling session <input type="checkbox"/> Taking medication as prescribed <input type="checkbox"/> Activities that are enjoyable: <hr/>	
	<input type="checkbox"/> Healthy eating <input type="checkbox"/> Healthy sleep pattern <input type="checkbox"/> Exercise <input type="checkbox"/> Faith/spiritual support <input type="checkbox"/> Spent time with family/friends	<input type="checkbox"/> Counseling session <input type="checkbox"/> Taking medication as prescribed <input type="checkbox"/> Activities that are enjoyable: <hr/>	
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