

Weekly Activity Record

Day of the Week	Medicines I took Name of Medicines I am taking:	Side Effects How the medicine made me feel	Target Symptoms How I feel (hopelessness, fearfulness) on a scale of 0 to 5 0=Bad 5=Good	Activities Activities for today: Include plans and "homework" for psychotherapy	Appointment Schedule
Sample: Monday, May 15th	Zoloft 200mg	Dry mouth	2 - I feel better about things today.	Went to the grocery store. Made a list of good things about my life.	Dr. Smith 3:00
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					