Depression medication name/dosage:

Week/month:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time taken:							
Med rebound effect?							
Breakfast time							
Hours slept							
Targeted behaviors	Big improvement >	Sm improvement <	No difference -	Worse X			
Staying focused							
Better coping mechanisms							
Completing hw							
Managing time							
Worrying less							
Increased interest in activities							
Getting along socially							
Other							
Possible side effects	First noticed ^	Improving +	No difference -	Worse X			
Headaches							
Stomach/nausea							
Irritability							
Anxiety							
Trouble sleeping							
Flat' (no emotions)							

THE REAL THINKING PARENT