

Tracking Benefits of Your Medication



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Medication Name: Zoloft Treatment Purpose: Treat symptoms of depression

Date Medication Started: May 4, 2009 **Today's Date:** June 22, 2009

	Before Treatment		After Treatment		Improvement	
My Symptoms	Frequency	Severity	Frequency	Severity	Amount	
Difficulty	Nearly every	☐ Very mild	Approximately	☐ Very mild	☐ No Improvement	
sleeping	night (2-3 hours to fall asleep)	☐ Mild ☐ Somewhat mild ☐ Somewhat severe ☐ Severe ☐ Very severe	3x per week (45-60 minutes to fall asleep)	☐ Mild ☐ Somewhat mild ☐ Somewhat severe ☐ Severe ☐ Very severe	☐ Very little improvement ☐ Little improvement ☐ Some improvement ☐ Much improvement ☐ Very much improvement	
Feeling sad	Every day for most of the day	 □ Very mild □ Mild □ Somewhat mild □ Somewhat severe ⊠ Severe □ Very severe 	A couple of days per week for a few hours	 □ Very mild □ Mild □ Somewhat mild ⊠ Somewhat severe □ Severe □ Very severe 	 No Improvement ✓ Very little improvement ☐ Little improvement ☐ Some improvement ☐ Much improvement ☐ Very much improvement 	



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Date Medication Started: Today's Date:

	Before Treatment		After	Treatment	Improvement
My Symptoms	Frequency	Severity	Frequency	Severity	Amount
		☐ Very mild		☐ Very mild	☐ No Improvement
		Mild		Mild	☐ Very little improvement
		☐ Somewhat mild		☐ Somewhat mild	Little improvement
		☐ Somewhat severe		☐ Somewhat severe	Some improvement
		Severe		Severe	☐ Much improvement
		☐ Very severe		☐ Very severe	☐ Very much improvement
		☐ Very mild		☐ Very mild	☐ No Improvement
		Mild		Mild	☐ Very little improvement
		☐ Somewhat mild		Somewhat mild	Little improvement
		☐ Somewhat severe		☐ Somewhat severe	Some improvement
		Severe		Severe	☐ Much improvement
		☐ Very severe		☐ Very severe	☐ Very much improvement

☐ Very mild	☐ Very m	ild No Improvement
☐ Mild	☐ Mild	☐ Very little improvement
☐ Somewhat mild	Somew	hat mild Little improvement
☐ Somewhat severe	Somew	hat severe Some improvement
☐ Severe	☐ Severe	☐ Much improvement
☐ Very severe	☐ Very se	evere
☐ Very mild	☐ Very m	ild No Improvement
☐ Mild	☐ Mild	☐ Very little improvement
☐ Somewhat mild	Somew	hat mild
☐ Somewhat severe	Somew	hat severe Some improvement
☐ Severe	☐ Severe	☐ Much improvement
☐ Very severe	☐ Very se	evere
☐ Very mild	☐ Very m	ild No Improvement
☐ Mild	☐ Mild	☐ Very little improvement
☐ Somewhat mild	Somew	hat mild Little improvement
☐ Somewhat severe	Somew	hat severe Some improvement
☐ Severe	☐ Severe	☐ Much improvement
☐ Very severe	☐ Very se	evere

☐ Very mild	☐ Very n	nild No Improvement
☐ Mild	☐ Mild	☐ Very little improvement
☐ Somewhat mild	Somew	vhat mild
☐ Somewhat severe	Somew	vhat severe Some improvement
☐ Severe	☐ Severe	☐ Much improvement
☐ Very severe	☐ Very se	evere
☐ Very mild	☐ Very m	nild No Improvement
☐ Mild	☐ Mild	☐ Very little improvement
☐ Somewhat mild	Somew	vhat mild
☐ Somewhat severe	Somew	vhat severe Some improvement
☐ Severe	☐ Severe	☐ Much improvement
☐ Very severe	☐ Very se	evere
☐ Very mild	☐ Very m	nild No Improvement
☐ Mild	☐ Mild	☐ Very little improvement
☐ Somewhat mild	Somew	vhat mild
☐ Somewhat severe	Somew	vhat severe Some improvement
☐ Severe	☐ Severe	☐ Much improvement
☐ Very severe	☐ Very se	evere

☐ Very mild		☐ Very mild	☐ No Improvement
☐ Mild		Mild	☐ Very little improvement
Somewha	t mild	Somewhat mild	Little improvement
☐ Somewhar	t severe	Somewhat severe	☐ Some improvement
☐ Severe		Severe	☐ Much improvement
☐ Very seve	re	☐ Very severe	☐ Very much improvement
☐ Very mild		☐ Very mild	☐ No Improvement
☐ Mild		Mild	☐ Very little improvement
☐ Somewha	t mild	Somewhat mild	Little improvement
☐ Somewha	t severe	Somewhat severe	☐ Some improvement
☐ Severe		Severe	☐ Much improvement
☐ Very seve	re	☐ Very severe	☐ Very much improvement