



Date	Taken (AM / PM)	Sleep (hrs)	Mood 0-10	Side effects noticed	Notes (stress, alcohol, missed dose)

**At the next appointment, this sheet answers**

- Whether anything improved, even partially. Written records often catch improvement that memory misses.
- Whether side effects are fading, stable, or getting worse.
- Whether missed doses line up with worse days.

**For educational purposes only**

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