

Daily Functioning Checklist

On hard days, "productivity" is the wrong measure. This checklist tracks the basics that keep you going. Each one you tick is a real win, and the weekly view shows you that even bad weeks are rarely zero. Use it kindly: it is a record, not a report card.

THE BASICS, ONE WEEK AT A TIME

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Got out of bed							
Ate at least two meals							
Drank water							
Shower or basic hygiene							
Went outside							
Moved my body a little							
Talked to or messaged one person							
Took medications as prescribed							
Did one small task							
Did one kind thing for myself							

If most boxes are empty for two weeks or more, that is useful information: it may be time to talk to a clinician, or to tell yours how things are really going. Start at depressionresource.org/screening-tools if you are not sure.

EDUCATIONAL USE ONLY

For educational purposes only. This worksheet from DepressionResource.org is general education, not medical advice, diagnosis, or treatment, and using it does not create a doctor-patient relationship. It is not a substitute for care from a licensed clinician who knows your situation. Laws, standards, and health practices vary by location; it is your responsibility to check the rules of your jurisdiction and to adapt this material or create your own documents as needed. If you may be in danger or are thinking about suicide, call or text 988 in the US, or call 911 in an emergency.