

Daily Energy Tracker

Fatigue is one of the most common and most limiting symptoms of depression. Tracking energy at three points in the day for a week shows when your energy is highest, so you can schedule important things then, and what reliably drains or restores you.

HOW TO USE IT

Rate your energy from 1 (empty) to 5 (full) in the morning, afternoon, and evening. Record hours slept the night before. In the last column, note anything that helped or drained you: naps, meals, movement, people, screens.

Day	Sleep (hrs)	Morning (1-5)	Afternoon (1-5)	Evening (1-5)	What helped or drained me
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Look for the pattern, not the perfect week. If energy is lowest at the same time every day, plan your hardest tasks for a different window and tell your clinician what you found.

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.