

# Anxiety Tracker

Use this tool to track your anxiety. Be as thorough as possible. Bring it to your doctor and discuss.

Month \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

## Level of Anxiety

- None
- A Little
- Medium
- It's Bad

## Other Symptoms Your Having

- Irritable
- Unmotivated
- Fatigue
- No Appetite
- Over Eating
- Thoughts of Suicide
- Isolating Yourself
- Feeling Worthless
- Feeling Hopeless
- Indecisive
- Depressed
- Unmotivated

What's Making You Anxious? \_\_\_\_\_

Notes: \_\_\_\_\_  
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