

DAILY MENTAL HEALTH TRACKER

Mental Health Symptom Log

Daily symptom tracking for PTSD, depression, anxiety, and other mental health claims. The pain log is for your body; this is for the rest.

HOW TO USE THIS LOG

Track for at least 30 days before your C&P exam. The exam is one moment; this shows the pattern.

Be honest — including on bad days. Minimizing symptoms is the #1 reason mental health claims get under-rated.

Cover four domains: MOOD, SLEEP, FUNCTIONING, and SOCIAL CONTACT. The rating criteria in 38 CFR § 4.130 turn on these.

If you're in crisis, stop using this log and call 988 (press 1 for Veterans Crisis Line). This is a tracker, not a substitute for care.

Veteran name

Last 4 SSN

Branch / Era of service

Claim # (if known)

Working diagnosis (PTSD, MDD, GAD, etc. — leave blank if undiagnosed)

Log start date

Log end date

DAILY ENTRIES

Daily entries

DAY 1		Date: _____
Mood (1=worst, 10=best): _____		Sleep (hours / quality): _____
Anxiety / panic episodes today: _____		Energy (1=none, 10=normal): _____
Triggers / hard moments today: _____		
What couldn't I do today (work, errands, family)? _____		
Social contact (avoided/brief/normal): _____ Meds taken: _____		

DAY 2		Date: _____
Mood (1=worst, 10=best): _____		Sleep (hours / quality): _____
Anxiety / panic episodes today: _____		Energy (1=none, 10=normal): _____
Triggers / hard moments today: _____		
What couldn't I do today (work, errands, family)? _____		
Social contact (avoided/brief/normal): _____ Meds taken: _____		

DAY 3		Date: _____
Mood (1=worst, 10=best): _____		Sleep (hours / quality): _____
Anxiety / panic episodes today: _____		Energy (1=none, 10=normal): _____
Triggers / hard moments today: _____		
What couldn't I do today (work, errands, family)? _____		
Social contact (avoided/brief/normal): _____ Meds taken: _____		

DAY 4		Date: _____
Mood (1=worst, 10=best): _____		Sleep (hours / quality): _____
Anxiety / panic episodes today: _____		Energy (1=none, 10=normal): _____
Triggers / hard moments today: _____		
What couldn't I do today (work, errands, family)? _____		
Social contact (avoided/brief/normal): _____ Meds taken: _____		

DAILY ENTRIES (CONTINUED)

More entries

DAY 5 Date: _____

Mood (1=worst, 10=best): _____ **Sleep (hours / quality):** _____

Anxiety / panic episodes today: _____ **Energy (1=none, 10=normal):** _____

Triggers / hard moments today: _____

What couldn't I do today (work, errands, family)? _____

Social contact (avoided/brief/normal): _____ Meds taken: _____

DAY 6 Date: _____

Mood (1=worst, 10=best): _____ **Sleep (hours / quality):** _____

Anxiety / panic episodes today: _____ **Energy (1=none, 10=normal):** _____

Triggers / hard moments today: _____

What couldn't I do today (work, errands, family)? _____

Social contact (avoided/brief/normal): _____ Meds taken: _____

DAY 7 Date: _____

Mood (1=worst, 10=best): _____ **Sleep (hours / quality):** _____

Anxiety / panic episodes today: _____ **Energy (1=none, 10=normal):** _____

Triggers / hard moments today: _____

What couldn't I do today (work, errands, family)? _____

Social contact (avoided/brief/normal): _____ Meds taken: _____

DAY 8 Date: _____

Mood (1=worst, 10=best): _____ **Sleep (hours / quality):** _____

Anxiety / panic episodes today: _____ **Energy (1=none, 10=normal):** _____

Triggers / hard moments today: _____

What couldn't I do today (work, errands, family)? _____

Social contact (avoided/brief/normal): _____ Meds taken: _____

WEEKLY REFLECTION

End-of-week reflection

Once a week, summarize the pattern. This is what makes the log valuable to your C&P examiner.

Worst symptom this week:

Days I had to miss work, school, or major obligations:

Did I avoid people / cancel plans?

What's a normal week for me look like compared to before service?

IF YOU'RE IN CRISIS

Veterans Crisis Line: dial 988, press 1. Or text 838255. Or chat at veteranscrisisline.net.

You can also walk into any VA Medical Center for same-day mental health care, even if you're not enrolled.

This log is a tool for your claim — it is not a substitute for clinical care. If you're struggling, please reach out.