

Postpartum Depression
Symptom Tracking Chart
Baby was born: _____

Symptom	2 wk	4 wk	6 wk	Comments
Irritability				
Crying/weepy/feeling sad				
Feeling inadequate as a mother or wife				
Anxiety				
Feeling exhausted most of the time				
Lack of motivation				
Difficulty sleeping				
Difficulty concentrating				
Ruminating thoughts				
Intrusive thoughts				
Unable to experience pleasure				
Loss/Increase of appetite				
General guilt				
Disinterested in sex				
Feelings About Feelings				
Guilty ashamed or her feelings				
Concerned about intrusive thoughts				
Worried she is going crazy				
Afraid you will leave her				
Worried it will never get better				