

# “About Me” daily tracker

Use this Mood Tracker worksheet to gauge how you are feeling.

Using a rating scale of 1-5, with 1 being poor and 5 being well, mark how you are feeling on your current dialysis therapy.

How do you feel?	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
<b>Mood</b> Are you feeling cheerful or depressed?										
<b>Energy</b> Are you able to do activities at home or outside?										
<b>Appetite</b> Are you eating well at regular intervals?										
<b>Sleep</b> How are you sleeping?										
<b>Recovery Time After Treatment</b> Are you able to resume regular activities after treatments?										

After ten-days, review your scores; if you are scoring all 1s and 2s or can't score 5s for anything, you might want to review other dialysis options with your doctor.

For help with getting the conversation started visit [www.nxstage.com/patients/helpfulhintsfortalkingtoyourdoctor](http://www.nxstage.com/patients/helpfulhintsfortalkingtoyourdoctor) and download our free Questions to Ask Your Doctor worksheet.