

Depression Intervention Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Body							
Daily Exercise _____							
Sunshine/Fresh Air _____							
Nutrition _____							
Other _____ _____							
2. Mind							
Intellectual Stimulation _____							
Daily Socialization _____							
Other _____ _____							
3. Soul							
Spirituality _____							
Self Endorsement _____							
Other _____ _____							
Daily Total							