

# Homework Log

## Why Homework?

- It is proven that homework will help you with your depression care
- By having homework, we are supporting self-management
- The Health Care Provider facilitates your care, but it is up to you as the patient to take responsibility of your own health
- Homework helps to streamline your depression care by focusing on the goals you discussed with your Health Care Provider
- The homework log is a spot to write down what you are working on; a reminder once you leave the office/treatment session
- The homework log helps creates accountability for the patient

| Date Given | Homework Description and Comments | Date Completed |
|------------|-----------------------------------|----------------|
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |

| Date Given | Homework Description and Comments | Date Completed |
|------------|-----------------------------------|----------------|
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |
|            |                                   |                |