

STEP 4: See Your Results

Caregiver Stress Tracker

Rate your level of stress for the week.

Circle the number, 1 through 10, that best ranks your level of stress: 1 being no stress, and 10 being extremely stressed.

Week 1	1	2	3	4	5	6	7	8	9	10
Week 2	1	2	3	4	5	6	7	8	9	10
Week 3	1	2	3	4	5	6	7	8	9	10
Week 4	1	2	3	4	5	6	7	8	9	10
Week 5	1	2	3	4	5	6	7	8	9	10
Week 6	1	2	3	4	5	6	7	8	9	10
Week 7	1	2	3	4	5	6	7	8	9	10
Week 8	1	2	3	4	5	6	7	8	9	10
Week 9	1	2	3	4	5	6	7	8	9	10
Week 10	1	2	3	4	5	6	7	8	9	10
Week 11	1	2	3	4	5	6	7	8	9	10
Week 12	1	2	3	4	5	6	7	8	9	10