MENTAL health LOG

Date: _____

Rate your day:

/10

Today I feel

8a / Uhr | 12pm / Uhr | 11pm / Uhr

Happy	Relaxed	Lonely
Grateful	Powerful	Depressed
Proud	Excited	Hurt
Motivated	Calm	Frustated

Energy Level

Stress Level

I slept _____ hrs last night

What happened Today?

Checklist

1. _____
2. _____
3. _____

My highlits of the day

1. _____
2. _____
3. _____