

MENTAL health TRACKER

Date: Mon Feb 27 2023

Affirmation:

No one

Today I feel...

- | | | | |
|--------------------------------------|-------------------------------------|---|--|
| <input type="checkbox"/> Happy. | <input type="checkbox"/> Satisfied. | <input type="checkbox"/> Lonely. | <input type="checkbox"/> Annoyed. |
| <input type="checkbox"/> Grateful. | <input type="checkbox"/> Relaxed. | <input type="checkbox"/> Depressed. | <input type="checkbox"/> Sad. |
| <input type="checkbox"/> Proud. | <input type="checkbox"/> Calm. | <input type="checkbox"/> Anxious. | <input type="checkbox"/> Angry. |
| <input type="checkbox"/> Motivated. | <input type="checkbox"/> Powerful. | <input type="checkbox"/> Hurt. | <input type="checkbox"/> Annoyed. |
| <input type="checkbox"/> Productive. | <input type="checkbox"/> Excited. | <input checked="" type="checkbox"/> Frustrated. | <input checked="" type="checkbox"/> Exhausted. |

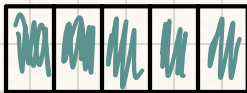
Why do I feel this way?

Read my vent. I'm running out of 4hrs.

Energy Level



Stress Level



Hours of Sleep

4 hrs.

3 goals for today

Not to get mad: Failed
Not get stressed: Failed
Don't yell: Slight

Ways to take care of myself

SHOWER

What I am grateful for

Books, & Music

What can I do to make my next day better?

Not get mad

Thoughts & Reflections

Thoughts are idk rambling