

# My daily mental health check

Date:

S M T W T H F S

“  
Quotes of the day:  
”

Mood



To - do - list:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Water balance:



NOTES

A positive affirmation ;)

Things I'm grateful for today:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Productivity:



