

MENTAL health TRACKER

Date: _____

Affirmation: _____

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 type="checkbox"/> Frustrated. | <input type="checkbox"/> Exhausted. |

Why do I feel this way?

Energy Level

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Stress Level

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Hours of Sleep

_____ hrs.

3 goals for today

Ways to take care of myself

What I am grateful for

What can I do to make my next day better?

Thoughts & Reflections