

# MENTAL health LOG

Date \_\_\_\_\_

Rate your day

10

Today I feel...

\_\_\_\_\_

8a

12p

4p

8p

11p

Happy.  
Grateful.  
Proud.  
Motivated.  
Productive.

Satisfied.  
Relaxed.  
Calm.  
Powerful.  
Excited.

Lonley.  
Depressed.  
Anxious.  
Hurt.  
Frustrated.

Annoyed.  
Sad.  
Angry.  
Exhausted.  
Drained.

Energy Level

□ □ □ □ □

Stress Level

□ □ □ □ □

I slept \_\_\_\_\_ hrs last night

What happened today?

Today I accomplished...

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
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- 3 \_\_\_\_\_  
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Thoughts & Reflections

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