

MENTAL

health

TRACKER

Date: Mon Feb 27 2023

Affirmation:

IDK

Today I feel...

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

[Empty box for writing reasons]

Energy Level



Stress Level



Hours of Sleep

5 hrs.

3 goals for today

- Sleep
- Eat
- No panic attacks

Ways to take care of myself

IDK

What I am grateful for

My emotions! support animals

What can I do to make my next day better?

Get more sleep

Thoughts & Reflections

None