

MENTAL health LOG

Date _____

Rate your day

10

Today I feel...

8a

12p

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 _____

3 _____

Thoughts & Reflections

