

MENTAL health LOG

Date _____

Date _____

Rate your day

10

Energy Level

Stress Level

I slept _____ hrs last night

Today I accomplished...

1

[illegible]

2.

[illegible]

③

[illegible]

Today I feel...

[illegible]

Ba

12p

11p

Happy.
Grateful.
Proud.
Motivated.
Productive.

Satisfied.
Relaxed.
Calm.
Powerful.
Excited.

Lonley.
Depressed.
Anxious.
Hurt.
Frustrated.

Annoyed.
Sad.
Angry.
Exhausted.
Drained.

What happened today?

[illegible]

Thoughts & Reflections

[illegible]