

Date _____

10

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Today I accomplished...

1

2

3

[illegible]

11p

Annoyed.
Sad.
Angry.
Exhausted.
Drained.

[illegible]

A full-page sheet of white graph paper with a light gray grid. The grid consists of small squares, approximately 1 cm by 1 cm each. There are 20 columns and 20 rows of squares, creating a total area of 400 small squares. The grid lines are thin and evenly spaced.

MENTAL health LOG

Page /

Date _____

[illegible]