

Mental Health Daily Tracker

Date:

(S) (M) (T) (W) (T) (F) (S)

How am I feeling this morning?

Great Good Okay Not good Awful

My sleep last night was

Approx. hours _____

Get up time _____

Day to do list

- Brush teeth and wash face
- Get done work tasks
- Eat breakfast and lunch
- Open a window and get fresh air
- Time off screens
- Move my body or take a walk

Exercises Today

Hours

(1) (2) (3)

Cups of water

(1) (2) (3) (4) (5) (6) (7)

Evening to do list

- Read c20 pages of a book
- Meditate for 10 minutes
- Brush teeth and wash face
- Write to my journal
- Workout for 30 minutes
- Take a shower

How am I feeling this morning?

Great Good Okay Not good Awful

Am I satisfied with this day?

I am grateful today for

What I like about myself today

What I managed to do today

What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun
proud strong active love passion freedom
happiness optimism belief hope inspired
courage interest amusement gratitude delight
relaxed calm confident curious focused worthy
thrilled self-respecting kind