

Mental health

Daily tracker

Date _____

Mo Tu We Th Fr Sa Su

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

Today I intend _____

Eye exercises

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 evening?



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