

# Mental health

## Daily tracker

Date \_\_\_\_\_

Mo Tu We Th Fr Sa Su

My sleep last night was



Approx. hours \_\_\_\_\_

Get up time \_\_\_\_\_

How am I feeling this morning?



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

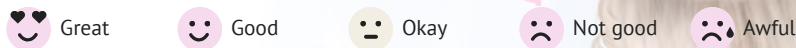
Cups of water



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?



Am I satisfied with this day?



I am grateful today for

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What I like about myself today

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What I managed to do today

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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