

MENTAL HEALTH

Mood Tracker

Date _____

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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

My goals for today _____

Eye exercises



Cups of water



Evening to do list

- Read 10 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

What I like about myself today

What I accomplished today.

What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow (Circle)

- 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