



# 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?

😊 Great 😊 Good 😐 Okay 😞 Not good 😡 Awful

Energy Level

Low  Medium  High

Stress Level

Low  Medium  High

Today I intend \_\_\_\_\_

\_\_\_\_\_

What's Influencing My Mood Today?

Sleep  Food  responsibilities  
 Parenting  Hormones  Pain  
 Alone time  Social Connection  Challenges

Cups of water

1 2 3 4 5 6 7

What might my body need right now?

Sleep  Food/Water  Rest  
 Movement  Stretch  Fresh Air  
 Warmth  A Hug  Quite

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