

# My mental health

Everyday tracker

Date .....

Mo Tu We Th Fr Sa Su

I am grateful today for

What I like about myself today

What I wish myself for tomorrow

My sleep last night was



Approx. hours .....

Get up time .....

How am I feeling today?



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Am I satisfied with this day?



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## Habits tracker

Workout

Take a walk

Eye exercises

Meditation

Water

Read a book

