

# 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?



.....  
.....  
.....  
.....

Am I satisfied with this day?



.....  
.....  
.....  
.....

## Habits tracker

Workout

Take a walk

Eye exercises

Meditation

Water

Read a book