

# MENTAL HEALTH

## Mood Tracker

Date \_\_\_\_\_



How am I feeling this morning?



Great



Good



Ehh



Not good



Awful

My sleep last night was



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

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

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?



Great



Good



Okay



Not good



Awful

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 accomplished today.

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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