

Mental Health Tracker

Month: _____
Year: _____

Dates: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

<p><i>Sleep</i></p> <p>tip: try to get 7-8 hours of sleep on a regular basis for a better mood!</p>	0 hrs 5 hrs 10+ hrs	• •
<p><i>Self Care</i></p> <p>nutrition, exercise, hygiene</p>	great medium low	• •
<p><i>Social</i></p> <p>friends, family, others</p>	great medium low	• •
<p><i>Stress</i></p> <p>events, workload, in general</p>	little medium a lot	• •
<p><i>Relax</i></p> <p>downtime, breaks, meditation</p>	great medium low	• •
<p><i>Happy</i></p> <p>positive events, laughter, smiling</p>	great medium low	• •
<p><i>Negative</i></p> <p>negative thoughts, events, feelings</p>	none some a lot	• •
<p><i>Mood</i></p> <p>tip: use different colours for different moods, ex: blue for depressed & red for anxious</p>	great medium poor	□ □

Notes
track substance use, menstruation, fights, specific stressors or triggers and so on

