

Check in With Me

A Weekly Mental Wellness Tracker

Weekly Wellness Check-In

Mood Rating

On a scale of 1 to 10, how would you rate your overall mood this week?

Energy Level

How was your energy throughout the week?

☐ Low ☐ Moderate ☐ High

Top Emotions

List 3 emotions you felt most often this week:

1.

2.

3.

Most Present Thoughts

What thoughts showed up for you the most?



Biggest Stressor

What felt most overwhelming or challenging this week?

What Helped Me Cope

What tools, people, or practices helped you stay grounded?

Small Wins

What are 1–2 small victories you had this week?

1.

2.

What I Need Right Now

Name one thing you need more of as you head into next week:

