



Mental Health Tracker

Month:

Color in the boxes corresponding to the day of the month and the feelings you have each day. Keep track of your mental health for insight into your daily mood and emotions.

Feelings	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
Fatigue																															
Anxiety																															
Unmotivated																															
Sadness																															
Irritable																															
Physical Symptoms																															
Headache																															
Crying																															
Fidgeting																															
Body aches																															
Self-Care Activities																															
Journaling																															
Meditation																															
Yoga																															
Other																															

