

MENTAL HEALTH TRACKER

LEG

- ☐ NONE
- ☐ VERY MILD
- ☐ MILD
- ☐ MODERATE
- ☐ BAD
- ☐ SEVERE
- ☐ WORST EVER

GOALS

1. To effectively track mental health
2. To look for potential triggers
3. To figure out what helps and what hurts

MOOD

1	HAPPY
2	GOOD
3	OKAY
4	EVENT OUT
5	BLAH
6	SAD
7	ANXIOUS
8	DEPRESSED
9	BAD
10	

LEVELS	ENERGY
	STRESS
	ANXIETY
	EMOTIONAL PAIN

Symptoms	Crying
	Weary
	Irritable
	Mood swings
	Fatigue
	Nausea
	Insomnia
	Paranoia
	Negative thoughts
Existential thoughts	
Suicidal thoughts	
Panic attack	

OTHER	EXERCISE
	HOURS SLEPT
	LEFT THE HOUSE
	SOCIALIZED

HEALTHY MEALS
WALK
ART

1	2	3	4
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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
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[illegible]A full-page view of a blank sheet of white graph paper. The grid consists of small squares formed by thin black lines. There are approximately 20 columns and 18 rows of squares visible on the page.