



Daily Mental Health Check-In

Overall Mood Rating

1
Low

3

5
Neutral

7

10
High

Emotions I'm Experiencing (Check all that apply)

☐ Happy

☐ Sad

☐ Anxious

☐ Calm

☐ Angry

☐ Stressed

☐ Grateful

☐ Overwhelmed

Sleep & Energy Levels

Sleep Quality:

1 2 3 4 5

Energy Level:

1 2 3 4 5

Hours of sleep last night: _____

Notes & Reflections

What's on your mind? Any key events or triggers today?

Today's Wins

2 things you accomplished today:

1

2
