

Mental health check in

DATE _____

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

MY RANKING OF MY MENTAL HEALTH THIS WEEK



HEALTH HABIT

WEEK
OF _____

	MENU PLANNER	WORKOUT	WATER INTAKE
Monday	Breakfast	Exercise	    
	Lunch		
	Dinner	Calories Burned	    
	Snacks		
Tuesday	Breakfast	Exercise	    
	Lunch		
	Dinner	Calories Burned	    
	Snacks		
Wednesday	Breakfast	Exercise	    
	Lunch		
	Dinner	Calories Burned	    
	Snacks		
Thursday	Breakfast	Exercise	    
	Lunch		
	Dinner	Calories Burned	    
	Snacks		
Friday	Breakfast	Exercise	    
	Lunch		
	Dinner	Calories Burned	    
	Snacks		
Saturday	Breakfast	Exercise	    
	Lunch		
	Dinner	Calories Burned	    
	Snacks		
Sunday	Breakfast	Exercise	    
	Lunch		
	Dinner	Calories Burned	    
	Snacks		

Fitness Planner

DATE : _____

WATER : 

BREAKFAST

LUNCH

DINNER

SNACK

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RESISTANCE TRAINING

EXERCISE

SET

REP

WEIGHT

CARDIO

EXERCISE

TIME

DIST.

CAL.

H.R.

Self-Care Practices

PHYSICAL SELF-CARE

-
-
-

EMOTIONAL SELF-CARE

-
-
-

SPIRITUAL SELF-CARE

-
-
-

INTELLECTUAL SELF-CARE

-
-
-

SOCIAL SELF-CARE

-
-
-

FINANCIAL SELF-CARE

-
-
-

SELF-CARE NOTES

WORKOUT

Daily

Activities	<input checked="" type="checkbox"/>
	<input type="checkbox"/>

Date

___/___/___

Today Mood

Water Tracker

Notes	Goals

Health Tracker

JANUARY 202_

WEEK 1

WEEKLY MEAL PLAN

WATER INTAKE

WORKOUT/EXERCISE

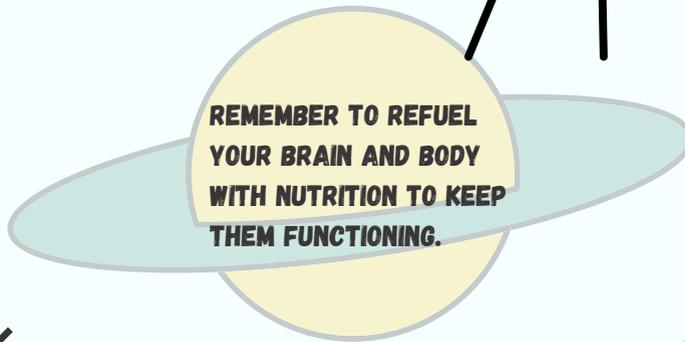
SUN	B _____ cal _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
	L _____ cal _____		
	D _____ cal _____		
	S _____ cal _____		
MON	B _____ cal _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
	L _____ cal _____		
	D _____ cal _____		
	S _____ cal _____		
TUE	B _____ cal _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
	L _____ cal _____		
	D _____ cal _____		
	S _____ cal _____		
WED	B _____ cal _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
	L _____ cal _____		
	D _____ cal _____		
	S _____ cal _____		
THU	B _____ cal _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
	L _____ cal _____		
	D _____ cal _____		
	S _____ cal _____		
FRI	B _____ cal _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
	L _____ cal _____		
	D _____ cal _____		
	S _____ cal _____		
SAT	B _____ cal _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
	L _____ cal _____		
	D _____ cal _____		
	S _____ cal _____		

VITAMINS / SUPPLEMENTS / MEDICATIONS

S	M	T	W	TH	F	S



**WILL HELP YOU
MANAGE
YOUR MENTAL
HEALTH**



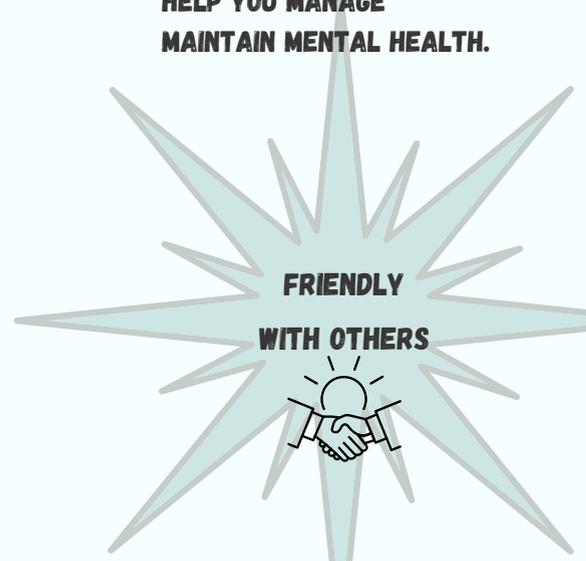
**BEING PREPARED AND
PLANNING YOUR TIME
HELPS YOU AVOID
BEING OVERWHELMED.**



**THE RELEASE OF UNCOM
FORTABLE EMOTIONS CAN
HELP YOU MANAGE
MAINTAIN MENTAL HEALTH.**



**HUMANS ARE HARDWIRED
TO DESIRE MEANINGFUL
CONNECTIONS WITH
OTHERS.**



SELF-CARE TRACKER

Morning Tasks	S	M	T	W	T	F	S

Evening Tasks	S	M	T	W	T	F	S

Habits To Keep
<ul style="list-style-type: none">•••••

Habits To Eliminate
<ul style="list-style-type: none">•••••

Self-care Intention

Physical Self-care

Emotional Self-care

Spiritual Self-care

Intellectual Self-care

Social Self-care

Environmental Self-care

Subject Notes

-
-
-

Self-care Bucketlist

Date:

S M T W T F S

My List

Goals



Notes

Self-Care Notes

THINGS I CAN DO WHEN I'M SAD

THINGS I CAN DO WHEN I'M BORED

THINGS I'M LOOKING FORWARD TO

MY FAVORITES

favorite movies

favorite books

favorite places

MY FAVORITES		
favorite movies	favorite books	favorite places

Self Care

30-DAY CHALLENGE



DAILY HEALTH PLANNER

DATE _____

BREAKFAST

LUNCH

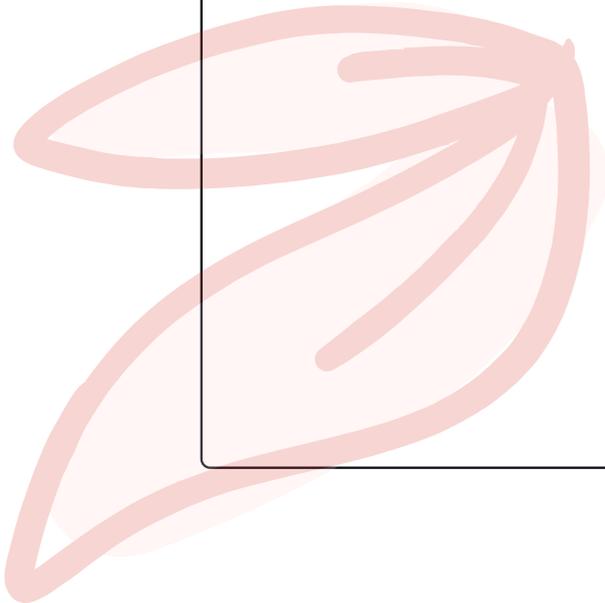
DINNER

SNACK

WATER

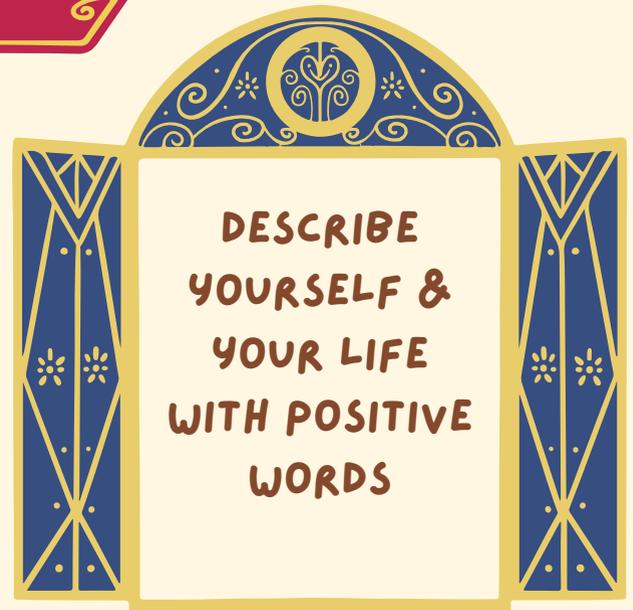
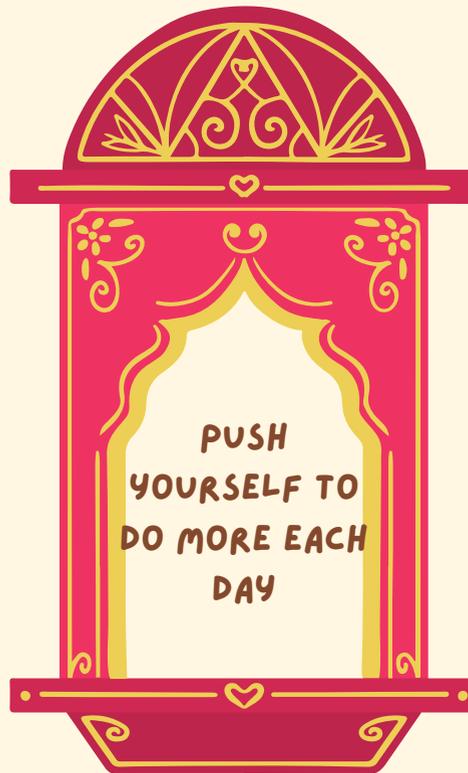
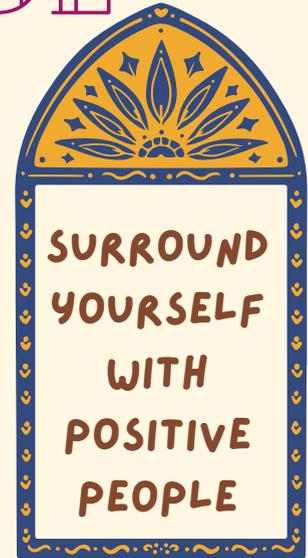
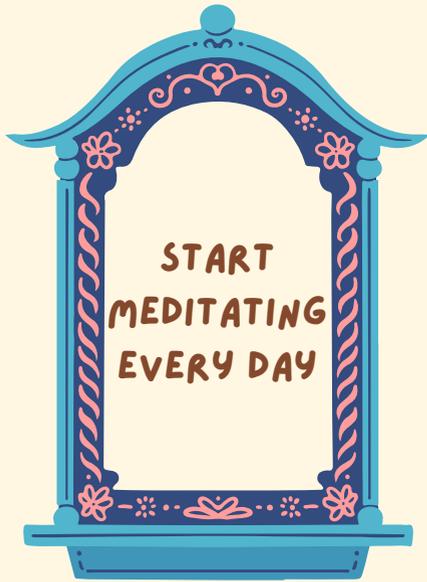
WORKOUT

NOTES



TIPS FOR MAINTAINING A

POSITIVE ATTITUDE



VISION BOARD

PHYSICAL

MENTAL

SPIRITUAL

THINGS TO TRY:

NOTE :

.....

.....

.....

.....

.....

.....

.....

Workout Planner

Exercise

Goals

Reminder

Tips to Motivate and Maintain

Make it fun

It's essential to find ways to enjoy exercise and make it fit into your lifestyle. Check out the athletics program and find one that really suits you.

Make a commitment

Scheduling a time on your calendar or anything that can give you extra motivation to stick with it. It can also be helpful to set specific goals for yourself.

Mix it up

It's great to engage in a variety of activities so that you are working out different muscle groups. It also helps keep you interested and engaged.

Don't overdo it

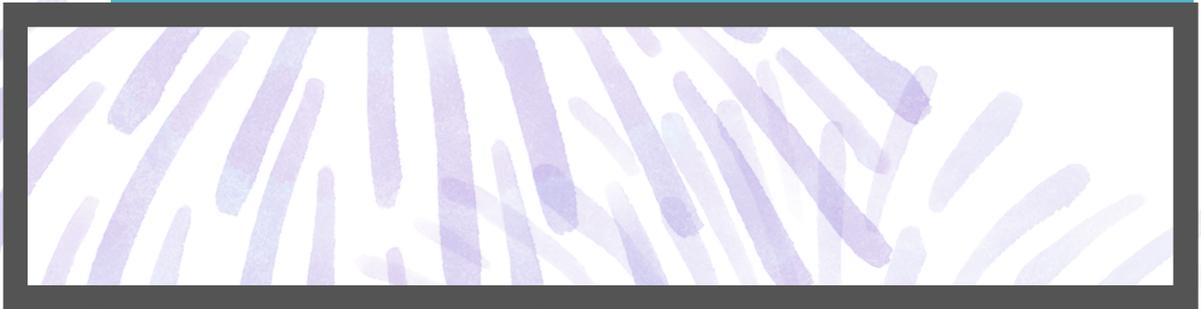
Take it slowly, especially when you're getting started so you don't strain muscles.

VISION BOARD

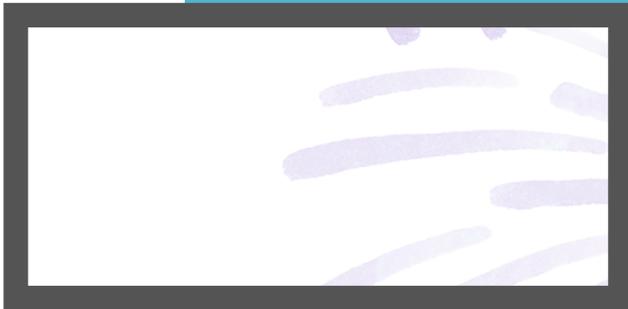
FAMILY



HEALTH



CAREER



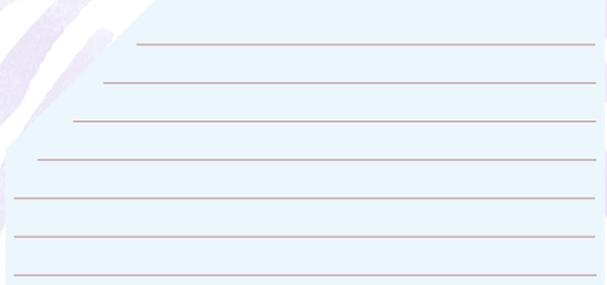
TRAVEL



TO-DO



NOTES



My Weekly PLANNER

WEEKLY SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

To Do List

<input type="checkbox"/>	

Weekly Goals

HABITS

TRACKER

List of Habits	S	M	T	W	T	F	S

Review

Review area for tracking progress and reflecting on the week's habits.



GOALS

SETTING

GOALS

Goal 1:

Why it is important:

Measurable Outcome:

Goal 2:

Why it is important:

Measurable Outcome:

Goal 3:

Why it is important:

Measurable Outcome:

WORD FOR THE YEAR

CAREER

FAMILY

FRIENDS

HEALTH

LIFESTYLE

RELATIONSHIPS

FRIENDS

FINANCE

FITNESS

Month:

M T W T F S S

PROGRESS TRACKER

healthy
• BODY •

healthy
• LIFE •

ARM & CHEST

Week 1:

Week 2:

Week 3:

Week 4:

Goal:

WAIST & HIP

Week 1:

Week 2:

Week 3:

Week 4:

Goal:

THIGH & CALF

Week 1:

Week 2:

Week 3:

Week 4:

Goal:

NOTE



PHYSICAL NEED



SLEEP :

1

2

3

4

5

6

7

8

HOURS

HEALTH CARE

ANNUAL CHECK-UP FOR A
MONTH

1

2

3

4

NUTRITION

BREAKFAST

HEALTH ISSUE

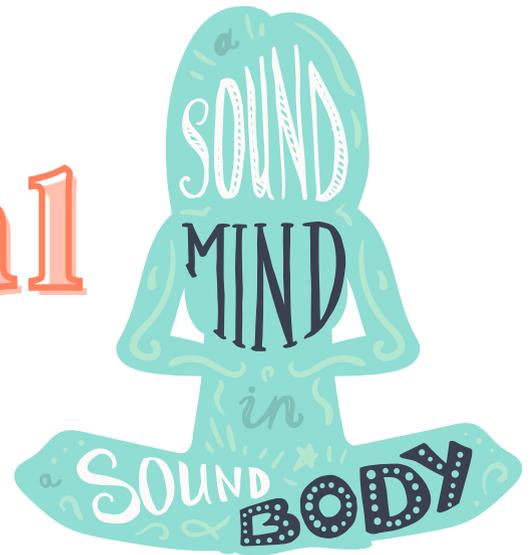
LUNCH

DOCTOR'S NOTES

DINNER

Mental

N E E D



Therapy

Stress Reduction

BOUNDARIES

Saying no when you'd rather not do something

Not volunteering for extra work

Communicating needs directly to others

COGNITIVE ABILITIES

Learning something new

Playing brain games to improve concentration

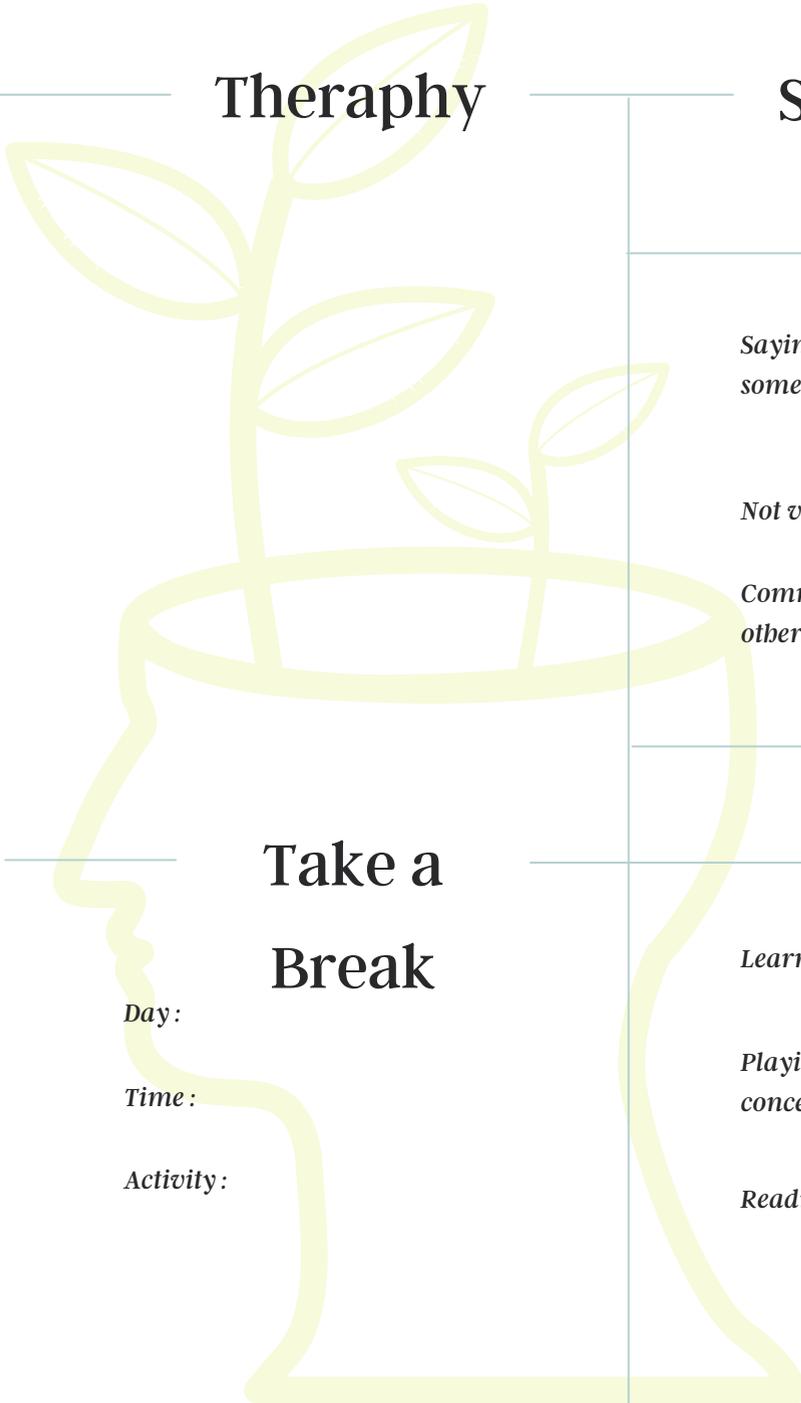
Reading

Take a Break

Day:

Time:

Activity:



Happy

SCHEDULE

PERSONAL TIME THIS DAY

Mindful Awareness

Morning Routine

- Wake up on time
- Stay away from social media
- Record positive affirmation
- Exercise for 30 minutes
- Shower
- Eat a nutritious breakfast

Affirmation

TODAY'S GOALS



NOW or NEVER

self-care plan^x

GOALS FOR MY MIND

- ▶
- ▶
- ▶
- ▶

GOALS FOR MY BODY

- ▶
- ▶
- ▶
- ▶

MIND

Mental health
Mindfulness and self knowledge

Soul
Stimulation and fulfillment

BODY

Self-care
Basic hygiene and body care

Improvement
Exercise, sleep and healthy food

GOOD RULES & HABITS I WANT TO LIVE BY