

Mental Health Tracker

How do I feel today?

 LOVED	 HAPPY	 CONTENT	 SLEEPY	 SAD	 HEARTBROKEN	 STRESSED	 WORRIED	 ANGRY
 ESTATIC	 WARM	 AFFECTIONATE	 SHOCKED	 ANXIOUS	 HESITANT	 CONFUSED	 DEPRESSED	 BETRAYED
 INTELLIGENT	 LUCKY	 CONFIDENT	 SKEPTICAL	 SCARED	 HELPLESS	 DISAPPOINTED	 IRRITATED	 EXPLOSIVE
 ACCEPTED	 HOPEFUL	 PLAYFUL	 HOPELESS	 INVISIBLE	 FRUSTRATED	 POWERLESS	 DISGUSTED	 VIOLENT
 STRONG	 SILLY	 GOOD	 UNSURE	 EMPTY	 WORTHLESS	 GAURDED	 SNEAKY	 RAGE
 UNBREAKABLE	 EXCITED	 ABANDONED	 LOST	 ALONE	 REJECTED	 TOXIC	 HURT	 OVERWHELMED

Day	Emotion(s)
S	
M	
T	
W	
T	
F	
S	

Notes & Observations: _____
