

Mental Health Tracker

Month

	DATE	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	NOTES		
PM	No. Crazy Pills																																		
S L E E P	Sleeping Pill																																		
	Meditation																																		
	Other																																		
	Good																																		
	Average																																		
M O O D	Bad																																		
	Good ... YEE-AH!																																		
	Average ... MEH!																																		
E F F E C T S	Bad																																		
	Period / PMS																																		
	Good ... YEE-AH!																																		
	Average ... MEH!																																		
S T I M U L A N T S	Bad																																		
	Crying																																		
	Headache																																		
	Nausea																																		
	Other																																		
O T H E R	Sugar																																		
	Alcohol																																		
	Caffeine																																		
	Other																																		
	Other																																		
O T H E R	Vitamins																																		
	Exercise / Movement																																		
	Self Care ... even just 5 mins!																																		
	Social Interaction																																		
	Sex																																		

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