



Petal & Paper

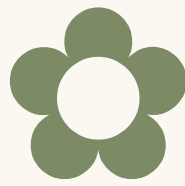
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Mental health daily tracker



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D A I L Y W E L L B E I N G

mental health log

Date · ____ Overall mood: ____/10 Anxiety: ____/10

Sleep · Hours: ____ Quality: ____/5 Nightmare/disrupted: ☐

Physical activity · Type: ____ Duration: ____ Outside: ☐

Medication taken · ☐ Therapy session today: ☐

What helped today · _____

What was hard today · _____

One thing I am grateful for · _____

T R A C K I N G I S N O T W A L L O W I N G — I T I S
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