

Self Tracking for Mental Health and Wellness



Sun

Mon

Tue

Wed

Thu

Fri

Sat

How do I feel at this moment?

Overall Well-being

Yes

No

Do I get enough sleep

Yes

No

Do I spend time to recharge

Yes

No

Do I have a healthy eating habit

Yes

No

Do I keep my space clean

Yes

No

Do I exercise my body regularly

Yes

No

Do I take care of my hygiene

Yes

No

What am I putting off?



Self Care Goals

Sun

Mon

Tue

Wed

Thu

Fri

Sat

What does self care mean to me?

What is the purpose behind my self care goals?

What motivates me to achieve them?

How can I achieve them?

Habits to Start

Habits to Stop



Self Reflection

Sun

Mon

Tue

Wed

Thu

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Sat

“

I am willing
to create
the life I
dream
about

What keeps me grounded?

Who gives me comfort?

Where do I feel safest?

When am I at my best?

Sleeping Tracker



Month:

Year:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep							
Hours							
Wake Up							
Mood							

Notes:

30-Day Self-Care Challenge

Month:

Year:

Write a letter <input type="checkbox"/>	Go for a walk <input type="checkbox"/>	Practice yoga <input type="checkbox"/>	Light a candle <input type="checkbox"/>	Take a nap <input type="checkbox"/>
Go to bed earlier <input type="checkbox"/>	Write a bucket list <input type="checkbox"/>	Eat healthy food <input type="checkbox"/>	Cultivate a new hobby <input type="checkbox"/>	Watch an interesting documentary <input type="checkbox"/>
Pamper yourself <input type="checkbox"/>	Go on a solo date <input type="checkbox"/>	Practice gratitude <input type="checkbox"/>	Try a DIY project <input type="checkbox"/>	Explore nature therapy <input type="checkbox"/>
Explore a new city <input type="checkbox"/>	Spend time in nature <input type="checkbox"/>	Write a journal <input type="checkbox"/>	Read a book <input type="checkbox"/>	Watch the sunrise <input type="checkbox"/>
Sit in the sun <input type="checkbox"/>	Start a new hobby <input type="checkbox"/>	Spa day at home <input type="checkbox"/>	Grow a plant <input type="checkbox"/>	Watch the sunset <input type="checkbox"/>
Eat mindfully <input type="checkbox"/>	Learn a new skill <input type="checkbox"/>	Set small goals <input type="checkbox"/>	Drink plenty of water <input type="checkbox"/>	Try Meditation <input type="checkbox"/>