

# Mental Health Log

**Daily Affirmation** ✕

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**Today I am grateful for:** ✕

1.  
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2.  
.....

3.  
.....

**Things I can do to improve myself today:** ✕

1.  
.....

2.  
.....

3.  
.....

**Daily Affirmation** ✕

Water Tracker 👉👉👉👉👉👉👉👉

Exercise Log  
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Pain Level (1-10) 1 2 3 4 5 6 7 8 9 10

Mood Tracker 😊 😊 😐 😞 🤔

**Meals**

Breakfast  
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Lunch  
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Dinner  
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Snacks  
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Drinks  
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**Great things that happened today:** ✕

1.  
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2.  
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3.  
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**Thoughts and Reflections on the day (complete at the end of the day)** ✕

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