

MENTAL HEALTH

check-in



today did i...



Eat food that fuels my body? What did I eat? _____



Drink plenty of water? Did I drink my body weight in ounces? _____



Get good sleep? How many hours did I get? _____



See people? Who did I see? _____



Wash my face? _____



Move my body? How? _____



Do something for me? What did I do? _____
