

Mental Health Tracker

Meditation • Journaling • Gratitude

Subjects

Mon

Tue

Wed

Thu

Fri

Sat

Sun

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Subjects

Mon

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My thoughts today

Journaling area for thoughts.

Mood Tracker

| Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
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| <input type="checkbox"/> 😓 |
| <input type="checkbox"/> 😞 |
| <input type="checkbox"/> 😊 |
| <input type="checkbox"/> 😞 |
| <input type="checkbox"/> 😞 |

Today I'm grateful for:

Gratitude journaling area.

Priority

Priority list area.

