

Daily Journal

Date.



How did the day go? Let it flow...



Daily duty

How did you cope with your anxiety today ✓

Mindful moments



Notes:

Exercise



Notes:

Socialize



Notes:

Journaling



Notes:

Eat healthy



Notes:

Feed your mind



Notes:

Daily energy tracker

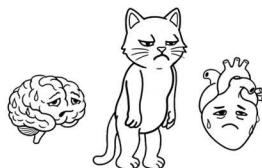


Check the percentage circle that shows your energy level at that time.



100%	☐	☐	☐
⚡	☐	☐	☐
75%	☐	☐	☐
⚡	☐	☐	☐
50%	☐	☐	☐
⚡	☐	☐	☐
25%	☐	☐	☐
⚡	☐	☐	☐
0%	☐	☐	☐

Morning Afternoon Evening



Emotion tracker

How was your day? Check how you felt ☒

☐ Angry	☐ Sad	☐ Blah	☐ Happy	☐ Sick	☐ OK
☐ Jealous	☐ Lost	☐ Panicked!	☐ So done	☐ Scared	☐ Furious!
☐ Confused	☐ Ashamed	☐ Blissful	☐ Unhappy	☐ I cried	☐ Tired

Anxiety tracker

Did you feel anxious today? Did it cause a panic attack? If so, what caused it? Circle a reason below.

The News	Public embarrassment	Fears	Self hate	I screwed up!	A family Argument	A friend Argument
no self confidence	Loss	I was Bullied	I was belittled	Self image worries	Indecision	Breakup
Work or School Stress	Health issues	Loneliness	Mental overload	Aging	A Phobia	I don't know what it was.

Other:

Daily food tracker

Date: _____

what did you eat today? ✓

Circle the foods you ate today. Try to eat foods at the top of the chart to maintain good mental and physical health.



*For general reference only. Consult a Dietician or a family Doctor for professional advice.