



# Daily Mental Health Check-In

*Two minutes. Every day. It adds up.*

■ Date: \_\_\_\_\_

■ How I am feeling today: [ ] Good [ ] Okay [ ] Struggling

■ One word for today: \_\_\_\_\_

■ One thing I can do for myself today: \_\_\_\_\_

■ Did I move my body today? YES / NO

■ One person I can reach out to if I am struggling:  
\_\_\_\_\_

**You showed up today. That matters.**

**If you are struggling: Call or text 988 — 24/7, free, confidential**

Print this page. Fill it in. Keep it somewhere you will see it.