

MENTAL HEALTH & SYMPTOM TRACKER

Date Range / Week Of

Overall Baseline

Energy Levels

LOW HIGH

Brain Fog

CLEAR SEVERE

Social Capacity

WITHDRAWN SOCIAL

DAY

PHYSICAL PAIN

ANXIETY/MOOD

DAILY WINS / TRIGGERS

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Reflection & Symptom Notes

Personal Health Template â€” Modern Minimalist Series