

MENTAL HEALTH PROGRESS LOG

Week Of: _____

Primary Goal for this Week _____

Daily Habit / Coping Mechanism _____

DAY	MOOD (1-5)	DAILY REFLECTION / WIN	GOAL MET?
Monday			☐ Yes ☐ No
Tuesday			☐ Yes ☐ No
Wednesday			☐ Yes ☐ No
Thursday			☐ Yes ☐ No
Friday			☐ Yes ☐ No
Saturday			☐ Yes ☐ No
Sunday			☐ Yes ☐ No

Weekly Review & Thoughts _____