



JOURNALING

This tool is intended to help you develop the healthy habit of journaling. Many people find keeping a journal useful in understanding emotions, managing stress, and making decisions and changes in their lives.

- ✚ Did I feel anxious, frustrated or angry at any time today?
- ✚ Did I have a positive interaction with another person today?
- ✚ Did I have a negative interaction with another person today?
- ✚ Is there a decision I am trying to make today?
- ✚ Was there something or someone that made me laugh today?
- ✚ Did I experience any symptoms of depression today?
- ✚ Did I experience any side effects from medications today?
- ✚ What was the biggest challenge I faced today?
- ✚ Did I use any of the strategies recommended to me in therapy today? If so, were they helpful?



WEEKLY PHYSICAL ACTIVITY LOG

This tool is intended to help you keep track of your daily physical activity. Write down the number of minutes and the level of intensive of each activity. Make notes about how you felt before and after the activity.

Day / Date	Type of Exercise / Activity	Number of Minutes	Intensity level: Low/Moderate/High	Comments
Sun/				
Mon/				
Tues/				
Wed/				
Thurs/				
Fri/				
Sat/				



COMPREHENSIVE DAILY SELF CARE LOG

This tool is intended to help you summarize several components of your self-care program.

The Food Choices I Made Today	
Date	Food Choice
Did I eat a balanced diet today? Circle the amount	
Fruits & Veggies	1 2 3
Dairy	1 2 3
Whole Grain	1 2 3
Fats/Oils	1 2 3
Lean Protein	1 2 3

RX	Doses Taken

My Sleep Record	
My Sleep Target	
Actual Bedtime last night	
Estimated Hours Slept	
Target Bedtime tonight	

My Goals for Today	
My End-of-Day Results	
My Goals for Tomorrow	
My End-of-Day Results	