

MY MORNING CHECK IN

Date

M T W T F S S

TERRIBLE

RATE YOUR SLEEP QUALITY

EXCELLENT

1 2 3 4 5 6 7 8 9 10

LOW

RATE YOUR ENERGY LEVEL

HIGH

1 2 3 4 5 6 7 8 9 10

WHAT AM I FEELING?

HOW DOES YOUR BODY FEEL?

1 WORRY TO LET GO OF

3 THINGS YOU'RE
GRATEFUL FOR TODAY?

WHAT AM I THINKING?

1 SMALL GOAL FOR TODAY

MY EVENING CHECK IN

Date

M T W T F S S

LOW

RATE YOUR STRESS LEVEL

HIGH

1

2

3

4

5

6

7

8

9

10

3 THINGS TO LET GO OF

TO DO LIST FOR TOMORROW

1 THING THAT BROUGHT YOU JOY

TODAY, I MOSTLY FELT...

1 THING YOU LEARNED TODAY

1 CHALLENGE YOU OVERCAME TODAY

Keep track of your daily mental health check ins with the Bearable app.



