



DAILY ROUTINE TRACKER | YOUR EVERYDAY MENTAL WELL-BEING HABITS

Take time each day to track your progress - are you practicing these mental well-being habits as part of your daily routine?

HABITS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Jotted down what I'm grateful for							
Practiced mindfulness							
Did a favor for someone else							
Connected with others							
Tried something new							

TIP: *Setting doable goals and breaking them down into reasonable steps can help you make a daily habit routine.*