

MENTAL HEALTH CHECK-IN

On a scale of 1-5, how would you rate the following:

Mood:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Energy:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Sleep:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Nutrition:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Hydration:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Stress Level:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Social Life:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Relationships:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good



Self-care

1 Very Poor	2 Poor	3 Ok	4 Good	5 Very Good
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Overall health

1 Very Poor	2 Poor	3 Ok	4 Good	5 Very Good
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For each question scored 3 or below, what factors are causing these areas of your life to suffer?

For each question scored 4 and above, what are you doing that is enhancing these areas of your life?

What steps would you like to take to improve your mental health?



