Social Media and Mental Health Tracker

| Date: | | | | | | | | | | |
|--------------------|------------|--------------------------|------------|-------------|------------|------------|--------------------------|------------|------------|---|
| Mood C | heck | | | | | | | | | |
| | | how you're ay and how | | | | |) is extrer | nely high. | Take tim | е |
| \bigcirc | \bigcirc | \bigcirc | \bigcirc | \bigcirc | \bigcirc | \bigcirc | \bigcirc | \bigcirc | \bigcirc | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| Morning | g Reflec | tion | | | | | | | | |
| emotions Social N | | | | | | | | | | |
| Social r | nedia pla | atform: | Tim | Time spent: | | | Anything impacting mood: | | | |
| | | | | | | | | | | |
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| Positive Highlights |
|---|
| Note down any positive moments you found throughout the day, big or small |
| Any challenges? |
| Evening Reflection |
| How did social media make you feel today? |
| Goals for tomorrow |