Social Media and Mental Health Tracker

Date:					
Mood Check					
Here, you can rate how you're for to reflect on your day and how i			emely high. Take	time	
	0 0 0		0		
1 2 3	4 5 6	7 8	9 1	0	
Morning Reflection					
Take some time to reflect on how you're feeling this morning. Write down any thoughts or emotions that come to mind. Social Media Usage					
Social media platform:	Time spent:	Anyth mood	ing impacting :		

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