



# MENTAL HEALTH CHECK IN

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HOW WOULD YOU RATE YOU MENTAL HEALTH?  
CIRCLE WHAT APPLIES (1- POOR/ 5- GREAT )

- 1
- 2
- 3
- 4
- 5

The bad habits I am trying to stop are?

What feelings are you experiencing and need to address?

Do you have any trigger points, if yes what are they?

When do you feel the most sad?