

This week is:

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

MENTAL HEALTH GOAL TRACKER

*See your progress and stay on-track
with your mental health goals.*

Sleep

Aim for 7-9 hours each night

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Exercise

Aim for 2-3 hours each week

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Healthy meals

Nutrient dense foods are best

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Daily gratitude list

Write down three things each day

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Mindful breathing

Practice any time you feel anxious

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Medication

Follow your doctor's instructions

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REFLECT ON YOUR ACHIEVEMENTS

Gain clarity on your goals and plan for the future.

*What went well
this week?*

*What could have
gone better?*

*How can I better
focus on my goals?*

Set your intentions for next week.

For example: I will eat nutritious foods because my health is important to me.

MAKE THE MOST OF YOUR GOALS

Here are a few tips to help you get started.

Sleep

- Go to sleep and wake-up at the same time each day.
- Exercise in the morning and afternoon or 2-3 hours before bedtime.
- Get at least 30 minutes of sunlight.
- Consume caffeinated drinks only in the morning and at least 8 hours before going to sleep.
- Avoid eating before bed.
- If you nap, do it before 3pm and for no longer than an hour.
- If you lay awake in bed for longer than 20 minutes, get up and do a calming activity until you feel sleepy.
- Don't use tobacco products.
- Make your bedroom a quiet space without distractions.
- Consume alcohol with caution.

Exercise

- Ten minutes of moderate to vigorous exercise twice a day, every day is recommended.
- Incorporate muscle-strengthening activities twice a week.
- Strengthening exercises should make your muscles feel tired at the end of the routine to be effective.
- Yoga, lifting weights, using resistance bands, push-ups and sit-ups are all good strengthening exercises.
- Be mindful of how much weight you are lifting to avoid injuries.
- Physical activities you enjoy, like sports or hiking, are an easy way to incorporate exercise into your routine.

Healthy meals

- Increase your intake of nutrient-dense, whole foods.
- Add omega-3 fatty acids to your diet.
- Supplement your diet with B-vitamins.
- Get plenty of vitamin D.
- Add prebiotic foods to your diet.
- Take a probiotic supplement.
- Avoid taking antibiotics unless your doctor says they are absolutely necessary.

Daily gratitude prompts

- Today, I am grateful for...
- Three things that went well today are...
- I am happy to be alive today because...
- My favorite thing about today was...
- Today, I am most looking forward to...
- One person in my life that I am thankful for is...
- Something I learned today was...

MAKE THE MOST OF YOUR GOALS

Here are a few tips to help you get started.

Mindful breathing

- Inhale through the nose for four seconds. Take a slow, even inhale rather than a big gulp of air. Do not rush.
- Pause at the top of your breath and hold for one second.
- Exhale slowly through the nose for four seconds. Rather than releasing your breath all at once, exhale with intention for all four seconds.
- Pause at the end of your exhale for one second before repeating.
- Inhale again through the nose, and repeat the previous steps.
- Continue breathing this way until you can notice a change in the way your body and mind feels.

Medication

- Always take medication as directed by your doctor or psychiatrist.
- Do not change your dose or stop medication without first consulting your doctor or psychiatrist.
- Try to take your medication at the same time each day.
- Follow-up with your healthcare provider frequently about the symptoms you may be experiencing.
- Frequent doctor's visits may be necessary to find the right dose for you.
- It may take time to find a medication that's right for you, but don't give up.