

MENTAL FIT MHHR HABIT TRACKER

WEEK OF:

7 Pillars of MHHR Habit Tracker

Outside/ Nature

Quiet Time

Nutrition

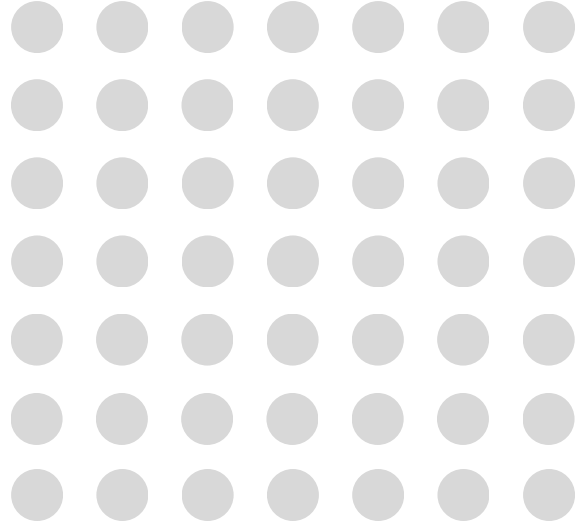
Exercise

Rest/Recovery

Socialization

Joy/ Hobby

Mo Tu We Th Fr Sa Su



ASK

- Why is the MHHR important to you?
- What will improve in your life and the lives of your loved ones when you implement your MHHR consistently?

TRACK & ASSESS

- What areas are you prioritizing your mental health hygiene?
- What does healthy boundary setting look like for you?
- Who is in your positive support network that you regularly work/check in with?

PLAN

What simple action can you add to your day as a part of your MHHR?

- When will you do it?
- How will you remember?
- Why is it important to you?
