Today's check-in

Date: _____

Why I started:
One sentence, in my own words.

How I'm feeling right now, in one word:

What I'm most worried about losing:

What I'm hoping to get back:

The hardest moment today will probably be:

When that moment comes, I'll:
One small thing: a glass of water, ten minutes outside, a text to someone.

One thing that was okay today:

You don't have to get today perfect. You only have to get through it.

Today's check-in

Date: _____

How I slept last night:
Rough, okay, or better than I expected.

How I'm feeling right now, in one word:

Something I noticed yesterday that I want to remember:

A time of day that's hard for me, and why:

One person I could reach out to today:

Something kind I can do for my body today:
Eat a real meal, drink water, rest, take a short walk.

One thing that was okay today:

Day 2 counts just as much as Day 1. You're still here.

Today's check-in

Date: _____

How I'm feeling right now, in one word:

What's been harder than I expected:

What's been easier than I expected:

When a craving came, what I did instead:
Or what I'll try next time.

One thing I'm looking forward to this week:

A few words to myself on Day 1:

One thing that was okay today:

Three days. Be proud of that, quietly or out loud.

Not medical advice. In crisis? Call or text 988 (US).
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