Mood check-in calendar

One word a day. Patterns are easier to see on paper.

NAME _____ DATE _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html (checked 2026-11-26)