



Mental Health Fitness Plan – Fillable Worksheet

This worksheet helps you design and personalize your own Mental Health Fitness Plan.

Use it to reflect, set intentions, and create simple practices to strengthen your emotional and mental well-being.

1. My Current Mental Fitness Level

On a scale of 1–10, how mentally fit do you feel right now? _____

What are the biggest challenges affecting your mental health?

2. My Goals for Mental Health Fitness

What do you want to improve, strengthen, or experience more of?

3. My Daily Mind Fitness Practices

List small, daily actions that support your mental health (e.g., MyLifeMe app, mindfulness, journaling, gratitude).

4. My Weekly Supportive Habits

What activities or routines will you do weekly to maintain balance and clarity?

5. My Emotional Reset Plan

What helps you reset or re-center when you feel stressed or overwhelmed?

6. Support System & Resources

Who or what can you turn to for emotional support and encouragement?

7. Reflection & Commitment

What's one promise you'll make to yourself about your mental health journey?

