

Daily Tracking Sheet

Instructions: Use this sheet to track your day. The goal is to build awareness, not to judge yourself. Tracking helps spot patterns and build healthier routines over time.

Date: _____

Time of Entry: _____

Mood Check-In

How would you rate your mood right now?

[😞 1 2 3 4 5 6 7 8 9 10 😊]

What feelings are you experiencing?

☐ Happy ☐ Sad ☐ Anxious ☐ Angry ☐ Lonely ☐ Hopeful ☐ Tired ☐ Other: _____

Substance Use Log

Did you use any substances today?

☐ Yes ☐ No

If yes:

- What did you use? _____
- How much? _____
- What time? _____
- What was your urge before using? (0–10): _____
- What was your urge after using? (0–10): _____

Trigger Check

Did anything trigger your urge to use?

☐ Yes ☐ No

If yes:

- What was the trigger? (e.g., stress, boredom, social pressure)
- Where were you? _____
- Who were you with? _____

Coping Strategy Used

What did you do to manage the urge or emotion?

☐ Deep breathing ☐ Called someone ☐ Distracted self ☐ Walked ☐ Journaling ☐ DBT/CBT Skill:
_____ ☐ Other: _____

Did it help? ☐ Yes ☐ A little ☐ Not really

Routine & Self-Care

Did you eat today? ☐ Yes ☐ No ☐ Skipped meals

Did you sleep well? ☐ Yes ☐ No

Any exercise or movement? ☐ Yes ☐ No

Positive activity you did today: _____

Reflection Notes

Something that went well today: _____

Something I want to do differently tomorrow: _____