

30-Day Anxiety Tracker

One row per evening. Trends beat single days — look at the column, not one cell.

Ratings: anxiety 0–10 · worry minutes = total parked worry time · faced = one avoided thing you did anyway · sleep = hours.

Day	Date	Anxiety 0–10	Worry min	Faced [1]	Sleep h	One line: what I did / what worked
1						
2						
3						
4						
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27						
28						
29						
30						

Day 1 avg anxiety: _____ Day 30 avg: _____ Change: _____ Retake the self-check: _____ /30