

Morning Check-In

Please let me know how you are doing today. This is all confidential information and will not be shared with anyone without your permission.

* Required

1. Email address *

2. Date *

Example: January 7, 2019

3. I am... *

Mark only one oval.

- not doing well, I could use a check-in
- not doing great , but please leave me alone.
- struggling.
- meh!
- ok.
- good.

4. The "why" of how you are feeling. This is not required, but helpful.

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