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| --- | --- | --- |
|  | Day: | Date: |
| **Sleep**  | Bedtime last night: | Woke up this morning: |
| Hours of sleep: |
| **Mood** |  |
| **Energy** |  |
| **Nutrition and Hydration** | **Breakfast** |  |
| **Snack** |  |
| **Lunch** |  |
| **Snack** |  |
| **Dinner** |  |
| **Snack** |  |
| **Water** | O O O O O O O O |
| **Exercise** |  |
| **Stretching** |  |
| **Gratitude** |  |
| **Self Care**(What did I do for myself today) |  |
| **Feel Good**(At least one thing that I did for myself to make me feel) |  |
| Morning Reflection |  |
| Evening Reflection |  |

