|  |  |  |  |
| --- | --- | --- | --- |
|  | | 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 | |  | |

