|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| **Date** |  |  |  |  |  |  |  |
| **Sleep** Hours | PM - AM | PM - AM | PM - AM | PM - AM | PM - AM | PM - AM | PM - AM |
|  |  |  |  |  |  |  |
| **Mood** |  |  |  |  |  |  |  |
| **Energy** |  |  |  |  |  |  |  |
| **Nutrition** | **Breakfast** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Water** |  |  |  |  |  |  |  |
| **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 |  |  |  |  |  |  |  |