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