



DATE: _____

S M T W T F S

THINGS THAT BROUGHT ME JOY TODAY

- _____
- _____
- _____

WATER INTAKE

 1L  2L  3L

SELF-CARE ACTIVITIES

- _____
- _____
- _____
- _____

TODAY'S MOOD

    



DAILY NUTRITION

- Breakfast _____
- Lunch _____
- Dinner _____
- Snack _____

HABITS TO START

- _____
- _____
- _____
- _____

HABITS TO STOP

- _____
- _____
- _____
- _____

