



DATE:

DAILY GOALS/TO DO'S

- 1
- 2
- 3
- 4
- 5

INTENTION FOR THE DAY:

TODAY I AM GRATEFUL FOR:

HEALTH INVENTORY

5. AMAZING! 4. ABOVE AVERAGE 3. ACCEPTABLE 2. BELOW AVERAGE 1. AWFUL

MOOD:	MOTIVATION:	BED & WAKE TIME:	MY BODY FEELS:
STRESS:	ENERGY LEVEL:	SLEEP QUALITY:	BODY WEIGHT:

FITNESS

HOW WAS YOUR WORKOUT?

☐ KICKED ASS ☐ JUST OK ☐ I WENT ☐ YUCKATHON

NUTRITION	CALORIES	FAT	CARBS	PROTEIN
MEAL 1				
MEAL 2				
MEAL 3				
MEAL 4				
MEAL 5				