



MOOD:	TODAY'S GOAL	WEATHER: REMINDER TO:
	THINGS TO GET DONE TODAY	
MOVEMENT: DID I MOVE MY BODY? FOR HOW LONG? WATER INTAKE: MEAL TRACKER: BREAKFAST: LUNCH: DINNER: SNACKS:	WORK:	TODAY'S APPOINTMENTS: TIME: EVENT: BIG GOAL REMINDER: SHOPPING:
DID I TAKE MY MEDICATION? TODAY I AM GRATEFUL FOR:	NOTES:	FOR TOMORROW:



DATE:



M00D:	TODAY'S GOAL	\
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MOVEMENT: DID I MOVE MY BODY?	DONE TODAY WORK:	TODAY'S APPOINTMENTS: TIME: EVENT:
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