

DAILY CHECK IN

Date:

Daily Affirmation

Today I am grateful for:

Things I can do to make today great:

Great things that happened today:

Wellness Log

Water Tracker

Exercise Log

Mood Tracker ☺ ☹ ⋯ ☹ ☹

Meals

Breakfast

Lunch

Dinner

Snacks

Drinks

Thoughts and Reflections