

Date:

Quote of the day:



How are you feeling today? (Energy, mood, illness & injury)



How much sleep did you get last night?

Hours: Sleep quality (for example, good, disturbed, poor):



**Daily Plan**

What are you going to do today?



Breakfast

Lunch

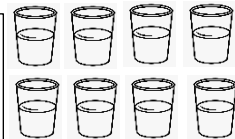
Dinner

Snacks

Highlight how many pieces of fruit and veg you eat



Highlight how many glasses of water you drink



**Exercise**

What have you done to get moving? How long did you do this for?



Today's step count:

3 things you are thankful for today:

- 1.
- 2.
- 3.



THERE IS  
*always*  
 SOMETHING TO BE  
*thankful for*