


DATE:


M T W T F S S


Daily tracker


WEIGHT : _____


How am I feeling this morning?

 Great

 Good

 Okay

 Not good

 Awful

My sleep last night was























Approx. hours _____

Get up time _____

NUTRITION TRACKER

Water

Breakfast

Lunch

Dinner

Snacks

Checklist

Green Smoothie

Sprouts

50% Raw

3 Litres water intake

EXERCISE LOG

#	Exercise type	Minutes	✓	✗	Sets	Reps	Intensity
1.							
2.							
3.							
4.							
5.							

GRATITUDE (PRE AND POST PAID) ☐

FORGIVENESS THERAPY (4 MNATRAS) ☐

MEDITATION ☐

I am grateful today for

What I like about myself today

What I managed to do today

What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun proud
strong active love passion freedom happiness
optimism belief hope inspired courage interest
amusement gratitude delight relaxed calm
confident curious focused worthy thrilled self-respecting kind