

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mood happy ☐ unhappy ☐ angry ☐ anxious ☐						
Nutrition Protein ☐ Carbohydrates ☐ Good Fats ☐ Fruits ☐ Veggies ☐ Water ☐ Fried Food ☐ Candy/Sweets ☐						
Exercise (60 mins.) ☐ Yes ☐ No						
Sleep (8-10 hrs.) ☐ Yes ☐ No						