

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