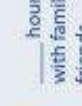




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sleep 8-10hrs  _____ hours	Sleep 8-10hrs  _____ hours	Sleep 8-10hrs  _____ hours	Sleep 8-10hrs  _____ hours	Sleep 8-10hrs  _____ hours
Nutrition  ☐ healthy ☐ fried/sweets	Nutrition  ☐ healthy ☐ fried/sweets	Nutrition  ☐ healthy ☐ fried/sweets	Nutrition  ☐ healthy ☐ fried/sweets	Nutrition  ☐ healthy ☐ fried/sweets
Exercise 60 min  ☐ yes ☐ no	Exercise 60 min  ☐ yes ☐ no	Exercise 60 min  ☐ yes ☐ no	Exercise 60 min  ☐ yes ☐ no	Exercise 60 min  ☐ yes ☐ no
Quality Time  _____ hours with family/friends	Quality Time  _____ hours with family/friends	Quality Time  _____ hours with family/friends	Quality Time  _____ hours with family/friends	Quality Time  _____ hours with family/friends
Screen Time  _____ TV/Video Games  _____ phone	Screen Time  _____ TV/Video Games  _____ phone	Screen Time  _____ TV/Video Games  _____ phone	Screen Time  _____ TV/Video Games  _____ phone	Screen Time  _____ TV/Video Games  _____ phone
Mood ☐ happy ☐ unhappy ☐ anxious	Mood ☐ happy ☐ unhappy ☐ anxious	Mood ☐ happy ☐ unhappy ☐ anxious	Mood ☐ happy ☐ unhappy ☐ anxious	Mood ☐ happy ☐ unhappy ☐ anxious