Mindful Living

DAILY JOURNAL

___ / ___ / ___

my schedule

5:00
6:00
7:00
8:00
9:00
10:00
11:00
12:00
1:00
2:00
3:00
4:00
5:00
6:00
7:00
8:00
9:00
10:00

nutrition log

TIME	WHAT I ATE	HOW I FELT

water

sleep log

BED TIME:

WAKE-UP TIME:

HOW I FELT:

exercise log

ACTIVITY	DURATION	HOW I FELT