

## **Health and Fitness Journal**

DATE HOURS SLEPT \_\_\_\_\_ DAILY GRATITUDE  $\mathsf{MOOD} \ \boxdot \ \boxdot \ \boxdot$ ENERGY \$ \$ \$ \$ \$ \$ \$ WATER () () () () () () DAILY GOAL **WORKOUT GOAL** EXERCISE/ACTIVITY TIME/REPS/INTENSITY/DISTANCE REWARD / SELFCARE