

/ /

Day

Date:

Goals

Today's affirmation:

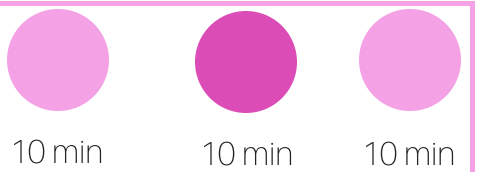
I drank water:



Time spent exercising



Time spent reading



Today's Positive Quote

I am thankful for

Meals

B _____

L _____

D _____