

HAPPY & HEALTHY JOURNAL

Created by Patti Green

FREE JOURNAL PAGES



Daily Journal

Fill out the journal to document your progress. Don't worry if you don't accomplish everything, just do your best.

I AM GRATEFUL FOR:

- (1) _____
- (2) _____
- (3) _____

MY GOAL FOR TODAY IS:

THE FOODS I ATE: (circle/color and write in if not shown)

Fruits (3)



Vegetables (5)



Water

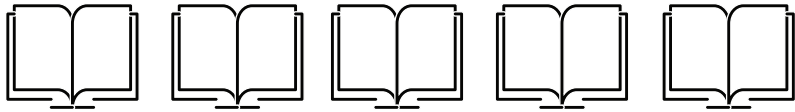
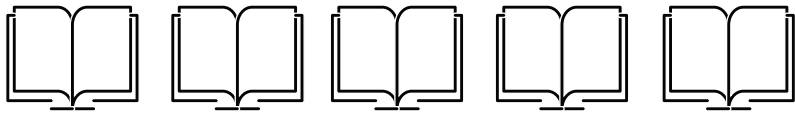


MOVE MY BODY:

Exercise 30 minutes, 3 times a day



WHAT I READ:

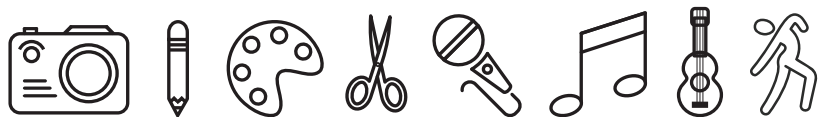


What I am reading: _____

What I am reading: _____

DID I WRITE TODAY? (Y) (N)

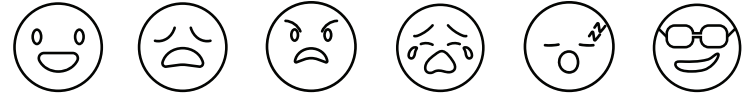
WHAT CREATIVE ACTIVITY I DID TODAY:



DID I FOLLOW MY ROUTINE?

Morning
(Y) or (N)

HOW DID I FEEL TODAY:



SUMMARY OF THE DAY: What did you read? Write? Learn?
Enjoy?
