

DATE:	MONTH:	YEAR:					
THINGS THAT M	MADE ME HAPPY TODAY						
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•							
SELF-	-CARE ACTIVITIES		WATER INTAKE				
_		_ •					
•			TODAY'S MOOD				
•			3	9			
	DAILY NU	JTRITION					
Breakfast							
Lunch							
Dinner							
Snacks							
HABITS TO START			HABITS TO STOP				
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•		•					
•		•					