

HEALTH JOURNAL

DATE:

ASLEEP:

AWAKE:

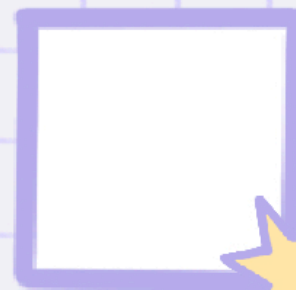
CHECKLIST

- ☐ AWAKE AT 7AM
- ☐ 15 MINS SUNSHINE
- ☐ NO SCREENS FOR 1HR
- ☐ MEDITATE
- ☐ AM SUPPLEMENTS
- ☐ WORKOUT 9 - 11AM
- ☐ WORK 12 - 5PM
- ☐ MAGNESIUM AT 3PM
- ☐ DINNER AT 6.30PM
- ☐ PM SUPPLEMENTS
- ☐ IN BED BY 10PM
- ☐ GRATITUDE JOURNAL
- ☐ READ BOOK
- ☐ ASLEEP BY 11PM

WORKOUT

- DAY:
- TYPE:
- TIME:
- STEPS:

WATER INTAKE



MOOD
CYCLE
MOON

MEALS

BREAKFAST

LUNCH

DINNER

SNACKS

DRINKS

