

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

