

DATE :

GOALS

BREAKFAST

LUNCH

DINNER

VITAMINS/ PILLS

- ☐ VIT. D
- ☐ VIT. C
- ☐ MAGNESIUM
- ☐ NR
- ☐ PALTREX
- ☐ OTHERS

WATERS



ACTIVITIES

- ☐ MAKING BREAKFAST
- ☐ MAKING LUNCH
- ☐ SHOWER
- ☐ WASHING HAIR
- ☐ WASHING CLOTH
- ☐ CLEANING LIVING ROOM
- ☐ CLEANING BATHROOM
- ☐ PREPARED DINNER
- ☐ COOKING DINNER
- ☐ MAKING BED
- ☐ WENT OUT
- ☐ IRONING

HEALTH

- ☐ FATIGUE
- ☐ SORE THROAT
- ☐ HOT FLASHES
- ☐ HEADACHES
- ☐ NECK PAIN
- ☐ ARMS PAIN
- ☐ BLOCKED NOSES
- ☐ SINUS
- ☐ BRUISES
- ☐ STING TEARS
- ☐ OTHERS