

Day # _____ Journal Health Challenge

SLEEP TIME & QUALITY

in bed: _____

woke up: _____

- excellent fair
 good poor

EXERCISE

time: _____

duration: _____

type: _____

how it felt: _____

MOOD & ENERGY

- excellent fair
 good poor

WHAT I ATE FOR...

breakfast _____ snack (if any) _____

lunch _____ dinner _____

TODAY'S CRAVINGS (IF ANY)

I think I may have been craving this food because: _____

I managed this craving by: _____

TODAY'S WIN: _____

TODAY'S CHALLENGE: _____

OTHER NOTES ABOUT TODAY: _____

