



# DAILY

# Food & Wellness LOG

DATE : \_\_\_\_\_

## MORNING CHECK-IN

ENERGY LEVEL

HOURS OF SLEEP

SLEEP QUALITY

MOOD UPON WAKING

ANGRY

CALM

HAPPY

EXCITED

OTHER:

RESTED

TIRED

ANXIOUS

SAD

HYDRADION GOAL TODAY



1L



2L

WEATHER



TODAY'S INTENTION OR AFFIRMATION

- 
- 
- 
- 
- 
- 
- 
-

# DAILY

# Food & Wellness LOG

## MEALS & SNACKS

DATE : \_\_\_\_\_

BREAKFAST

MOOD  
BEFORE

HUNGER  
(1-10)

SNACK

LUNCH

SNACK

DINNER

## HYDRATION TRACKER



1L



2L

# DAILY

# Food & Wellness LOG

## MOVEMENT

DATE : \_\_\_\_\_

TYPE OF ACTIVITY

DURATION

HOW DID YOU  
FEEL AFTER?

## MIND-BODY PRACTICES

MEDITATION

JOURNALING

DEEP BREATHING

OTHER

EFT TAPPING

## EVENING REFLECTION

OVERALL MOOD

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OTHER:

BIGGEST WELLNESS WIN:

WHAT YOU WANT TO IMPROVE TOMORROW?

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