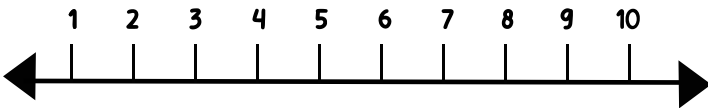




Date: _____

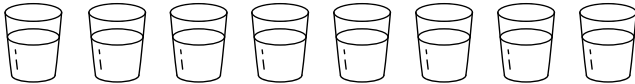
Sleep:

Aim for 7+ hours of sleep each night. Record duration and rate the quality of your sleep.

Duration: _____ Quality: 

Water:

Aim for 8 x 250ml glass or a 2L bottle per day. Adjust for exercise or hot weather.



Plants:

Aim for at least 5 portions of fruit and vegetables each day and 30+ different plants each week.



My Healthy Habits:

- | | |
|--|---|
| <input type="checkbox"/> Morning Stretch/Yoga | <input type="checkbox"/> Min 30-minutes reading |
| <input type="checkbox"/> Gym/Workout | <input type="checkbox"/> Meditation |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Journaling |
| <input type="checkbox"/> Weights/Lifting | <input type="checkbox"/> Screen-free bedtime |
| <input type="checkbox"/> 10K steps. Step count = _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Listen to a podcast | <input type="checkbox"/> _____ |

Mood:



Food diary:

A large, rounded rectangular area with a grey border and a light grey shadow, intended for writing a food diary.

