

Healthy lifestyle & habits

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|--------------------------|--|---------------------|
| <input type="checkbox"/> | Eat healthy? | What: |
| <input type="checkbox"/> | Exercise well (for at least 20 minutes)? | How much and where: |
| <input type="checkbox"/> | Sleep at least 7 hours? | From when to when?: |
| <input type="checkbox"/> | Avoided social medial (< 2 hours) | How? |
| <input type="checkbox"/> | Other 1 (e.g., took supplements?) | |
| <input type="checkbox"/> | Other 2 | |

3 significant things that happened today & why they happened:

