





Date _____ Time I woke up _____
Day streak _____ Time I slept _____

What did I get done today?

- ☐ Ate breakfast 
- ☐ Did some exercise: _____
- ☐ Got dressed _____
- ☐ Left the house _____
- ☐ Ate lunch _____
- ☐ Showered _____
- ☐ Socialised  _____
- ☐ Ate dinner _____
- ☐ Drank water (how much: _____) 
- ☐ Took medication 
- ☐ _____
- ☐ _____

How did it make you feel?

Custom tasks!



Something that made me feel good today was: _____

Most prominent mood: _____



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