Date Time I woke up	Date Time I woke up
Day streak Time I slept	Day streak Time I slept
What did I get done today?	What did get done today?
☐ Ate breakfast M	☐ Ate breakfast 111/
Did some exercise:	Did some exercise:
and dressed	□ Got dressed
Left the house	Left the house
Ate lunch	Ate lunch
Showered was did it make you fee!?	Showered hand did it make you feel?
□ Socialised ~	Socialised ~
☐ Ate dinner	Ate dinner
Drank water (how much:)	Drank water (how much:)
Took medication Custom tasks! -	
Tasks! -	Took medication Custom tasks! -
Something that made ne feel good today was:	Something that made me feel good today was:
me teer good towny	me feel good today was:
Most prominent mood:	Most prominent mood: