

***Date:***

***Quote of the day:***

***How are you feeling today? (Energy, mood, illness & injury)***



***3 things you are thankful for today:***

***1.***

***2.***

***3.***

*Today’s step count:*

***Exercise***

*What have you done to get moving? How long did you do this for?*

**Highlight how many glasses of water you drink**

**Highlight how many pieces of fruit and veg you eat**

***Snacks***

***Dinner***

***Lunch***

***Breakfast***

***How much sleep did you get last night?***

***Hours:*  *Sleep quality (for example, good, disturbed, poor):***

***Daily Plan***

*What are you going to do today?*