

Today is: .....



Last night I slept for ..... hours

Goal of the day: .....

Morning

- .....
- .....
- .....

Breathing exercise



For lunch I ate: .....

It looked: ..... It felt: .....

It smelled: ..... It tasted: .....



Movement break

Afternoon

- .....
- .....
- .....



The best part of my day was:  
.....

Today I'm feeling grateful for:  
.....

Tomorrow I'm looking forward to:  
.....

Bedtime routine

