Daily Wellness Journal

Date			Sugar	Dairy	Caffine		Today's health goal:				
Breakfast:											
Gime:		7		:							
W S D C		Tea tally	Green	Black	Herbal						
0 0 0 0			; ; ; ; ;		! ! !						
Now I felt after			J	4	L						
eating				1							
Lunch:			Migraine	Bloating	Pain		Stress levels High, Medium, Low.				
Gime:		Start					Time:	1	1	1	
W S D C		End					Trigger	1			
0 0 0 0		Start						i i i i	,	,	
Now I felt after eating		End					Time:	1			
Catality							Trigger				
Supper:		Water					Time:				
Gime:							Trigger	 			
W S D C											
0000											
Now I felt after eating		Beauty sle	еер	Wake up		Bedtime		Quality			
		Fruit tally									
		Veg tally		; ;	;				; ;		
Snacks:	Snacks:	Reading									
Gime:	Gime:	Movement		 	 				 		
Snacks:	Snacks:	Creativity									
Gime:	Gime:	Meditation			L						
Now I felt after eating		Mindful ea	ating								
		Tech time	tally								
		1		i	i	<i>j</i>	i	i	i	<u> </u>	i
Notes											