



Daily Journal

Small Steps. Big Changes.

Name: _____ Today's Date: _____

1 How Are You Feeling Today?

(Write a few words or circle one)



Good



Okay



Tired



Stressed



Other: _____

2 My Weight Today (Optional)

Note: Try to track daily or once a week

Current Weight: _____ lbs / kg

3 My Water Intake

Goal: At least 6–8 cups a day

1 cup 2 cups 3 cups 4 cups 5 cups 6 cups

7 cups 8+ cups

How did you do today?

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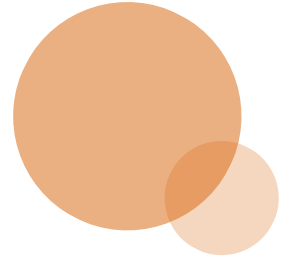
Fruits & Veggies Today

Examples: 1 apple, ½ cup cooked veggies, 1 cup salad

Goal: 3–5 servings

- 1 serving 2 servings 3 servings
- 4 servings 5+ servings

What did you eat?



5

Healthy Habits I Practiced Today

Check all that apply:

- Ate a balanced meal
- Moved my body (even a little)
- Ate slowly and mindfully
- Slept between 7–9 hours
- Cooked at home
- Took time for myself
- Practiced gratitude or self-kindness

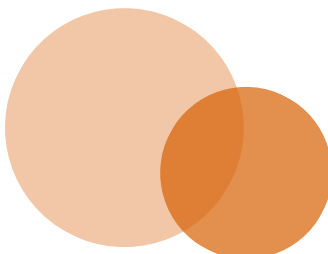
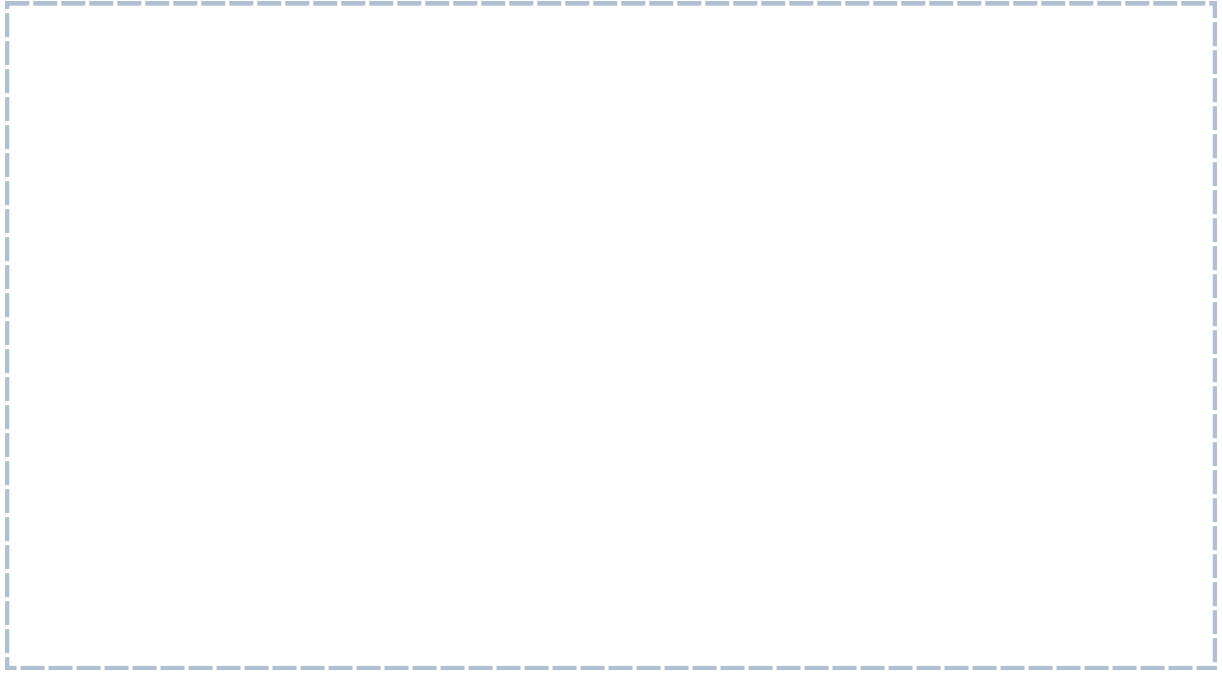
Other wins today:



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Notes or Reflections

**What helped you today? Any challenges?
How can we support you?**



Remember, you do not have to be perfect to make progress.

Even positive change — drinking more water, eating more veggies, or being kind to yourself — **is a win.**

You are doing great. Keep going — we believe in you!