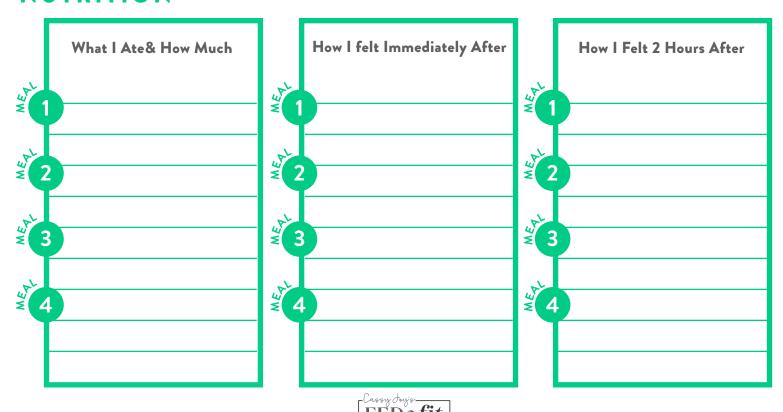


## FOOD & FITNESS Journal

	Hours Slept Last Night	Quality of Sleep	Things I Did to Improve Sleep	Things That Disturbed Sleep
SLEEP				
WATER	000	000		
MUM	WEIGHT 2 Were you ove	Track intake through	day, filling in each dro	p
= 8 oz	Were you over right at your intake?		er Under	At Minimum

## NUTRITION (FILL OUT THROUGHOUT THE DAY)





## "Healing before weight loss. Happiness before skinny jeans."

## FITNESS (FILL OUT THROUGHOUT THE DAY)

VERGY & MINI Describe your energy				:look/mindset today?
				:look/mindset today?
		▎▐		
		-		
SONS LEARN List 3-4 things you learn activities & how they con	ned today regarding yo	your slee	p, water, nutritiona	

Your body is right. Trust it.