

DAY  
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# DAILY JOURNAL

**MEALS AND SNACKS:**

BREAKFAST: .....

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LUNCH: .....

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DINNER: .....

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SNACK: .....

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**GRATITUDE:**

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**MOOD & EMOTIONS:**

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**SELF-CARE NOTES:**

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**SLEEP:**

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**WATER:**

**EXERCISE:** .....

..... STEPS: .....

..... WEIGHT: .....

**OTHER NOTES:**

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