

MY
Journal

30-DAY CHALLENGE

NEW HABIT:

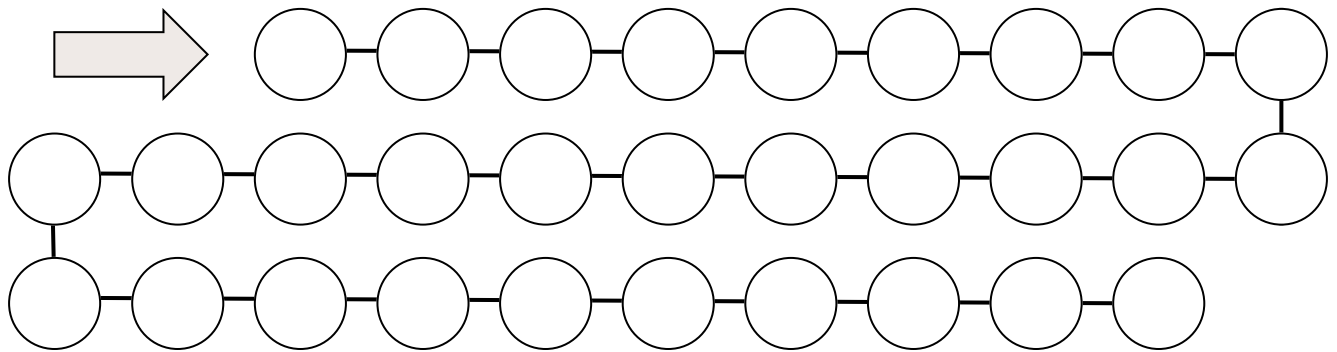
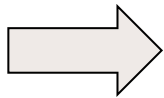
Why is this important for me?

Strengths:

Weaknesses:

Reward:

Let's do this!



How did it go?

What did I learn?

RATE THIS CHALLENGE



WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

TO DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SUNDAY



NOTES

KEEP GOING!

Weekly check in

DATE _____

TOP 3 THINGS I DID THIS WEEK

- _____
- _____
- _____

THIS WEEK I FELT



MOST REWARDING INTERACTION I HAD THIS WEEK

NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



FOOD JOURNAL

WEEK: _____

Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Rate your day ○○○○○○

Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Rate your day ○○○○○○

Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Rate your day ○○○○○○

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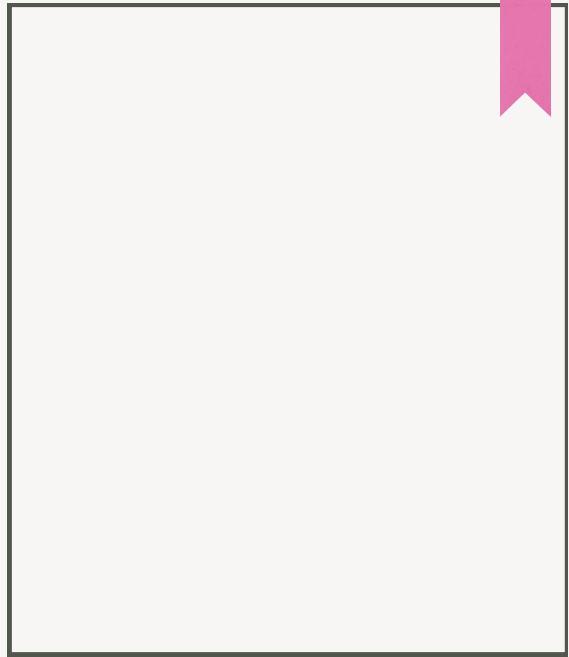
NOTES:

Daily Planner

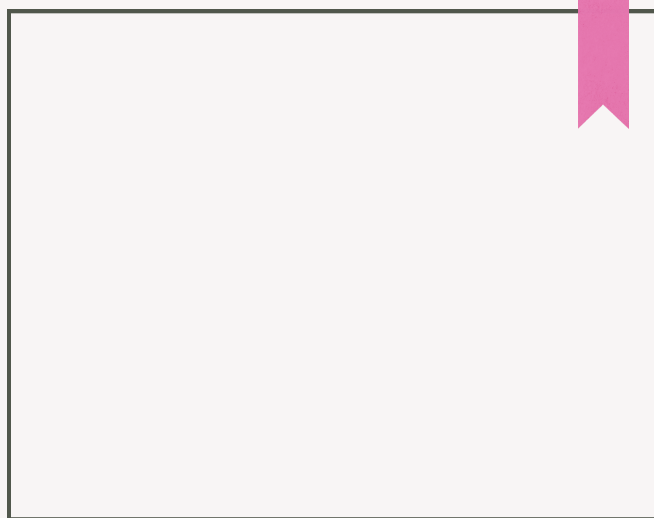
To Do List

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Goals



For Tomorrow



Notes
