

daily journal

DATE:

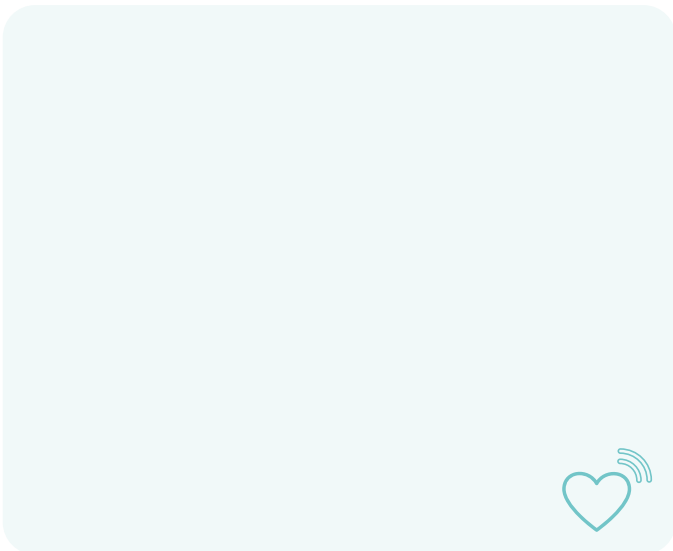
FOOD




HYDRATION



MOVEMENT



SLEEP



HYGIENE



NOTES

