

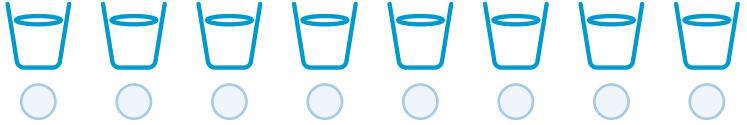
# Daily Wellbeing



Daily Diary
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM

### Health & Fitness

Recommended eight glasses of water



30 min. exercise:


### Shopping list


<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____


### Today's mood

<input type="checkbox"/> Happy	Reason: _____
<input type="checkbox"/> Sad	_____
<input type="checkbox"/> Excited	_____
<input type="checkbox"/> Angry	_____
<input type="checkbox"/> Frustrated	_____
<input type="checkbox"/> Stressed	_____
<input type="checkbox"/> Surprised	_____
<input type="checkbox"/> Loved	_____

### 3 positive things

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

### Notes / doodle / sketch

## Did you know?

As young trees grow they absorb CO2 from the atmosphere.