

DAILY WELLNESS LOG

bejejones.com



DATE: _____

TODAY'S AFFIRMATION OR DECLARATION

WATER TRACKER



MOVEMENT/EXERCISE

TOP 3 THINGS THAT NEED TO BE DONE TODAY:

1.

2.

3.

TODAY I AM GRATEFUL FOR:

1.

2.

3.

MEALS

BREAKFAST

LUNCH

DINNER

SNACKS

DRINKS

WHAT MOTIVATIONAL RESOURCE DID I LEARN FROM AND WHAT ARE THE KEY POINTS?

1.

2.

3.

THOUGHTS & REFLECTIONS
