

Date /

Woke up at: _____

Floss last night? Y N Time to bed: _____

What went well yesterday? _____

Did you compliment anyone? _____

What didn't go well yesterday? _____

Did you complain? Y N Worth it? Y N

| Just Tally! | Prot | Veg | Fruit | Carb | Sug |
|-------------|------|-----|-------|------|-----|
| Breakfast | | | | | |
| Lunch | | | | | |
| Dinner | | | | | |
| Other | | | | | |
| Snacks | | | | | |

Water 

Goals _____

Was it a good day? Y N

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