

How well did I do today?

Date: ____/____/____

Developing good habits, avoiding bad habits

Today, I...

- ☐ Had breakfast
- ☐ Slept 8-10 hours
- ☐ Exercised
- ☐ Did some learning
- ☐ Got some fresh air
- ☐ Ate 5 fruits and vegetables
- ☐ Had at least 6-8 glasses of water
- ☐ Did something fun
- ☐ Got in touch with friends & family

Today, I didn't spend too much time...

- ☐ Oversleeping
- ☐ On social media
- ☐ Bingewatching TV
- ☐ Gaming
- ☐ Looking at the news

How did you work towards your goals today? _____

What did you do today better than yesterday? _____

What can you do better tomorrow? _____

What were you grateful for today? _____

What are you excited for tomorrow? _____
