

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? _____
