## MORNING REFLECTION

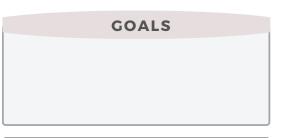
DATE

SLEEP QUALITY

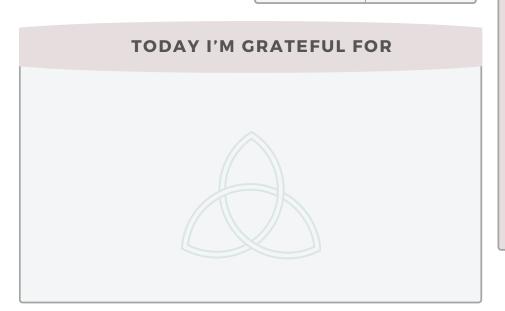
5 4 3 2 1

**THOUGHTS** 

MEAL PLANNER	
BREAKFAST	LUNCH
DINNER	SNACKS



**TODAY'S ACTIONS** 





## **EVENING REFLECTION**











