

# DAILY WELLNESS LOG



No Borders Fitness  
anything is possible.

DATE

DAILY AFFIRMATION

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TODAY I AM GRATEFUL FOR:

1.

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2.

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3.

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THINGS I CAN DO TO MAKE TODAY GREAT:

1.

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2.

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3.

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THOUGHTS & REFLECTIONS

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WATER TRACKER



EXERCISE LOG

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MOOD TRACKER



MEALS

BREAKFAST

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LUNCH

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DINNER

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SNACKS

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DRINKS

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THREE GREAT THINGS THAT HAPPENED TODAY:

1.

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2.

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3.

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