

Day of the Week: _____
Date: _____

My goal for today is (e.g. self-care, appointment, physical health, school, work, hobby, chore, errand, step towards a life goal, etc.):

My mood today is:

My physical health accomplishments/concerns for today are (e.g. exercise, food/water intake, weight, sickness, medications, sleep, etc.):

One thing I feel grateful for/optimistic about/am looking forward to today is:

Other thoughts/feelings/concerns/questions/interesting moments, etc.:

