

# MY DAILY CHECKLIST

## MY MOOD (POOR TO GREAT)

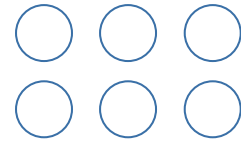


## MY ENERGY

Fill in the area to show how much energy you had today.



## WATER X 16OZ



## MEALS:

### BREAKFAST

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### LUNCH

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### DINNER

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### NOTES

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## AFFIRMATIONS

I Am Worthy  
I Am Able  
I Am Loved

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## EXERCISE

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## LISTENED TO DAILY AUDIO

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## HEALTH

CHANGES IN HEALTH  
BLOATING, HEADACHE,  
CONSTIPATION ETC...

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