

ONE DAY AT A TIME: A Self-Care Journal

DATE: _____

Today I promise not to: _____

Today I promise to: _____

Today's Nutrition (circle 1 for each serving you have today):

Veggies:	1	2	3	4	5	6	7	8	9	10	11
Fruit:	1	2	3	4	5	6	7	8	9	10	11
Bread/Starch:	1	2	3	4	5	6	7	8	9	10	11
Dairy:	1	2	3	4	5	6	7	8	9	10	11
Protein:	1	2	3	4	5	6	7	8	9	10	11
Fats, Oils & Sweets	1	2	3	4	5	6	7	8	9	10	
Water:	1	2	3	4	5	6	7	8	9	10	11

Today's Fitness (enter #'s and types that fit your daily routine):

_____ Reps of _____ _____ Reps of _____

_____ Reps of _____ _____ Reps of _____

_____ Reps of _____ _____ Reps of _____

Other: _____

Other: _____

Money I Spent Today:

\$ _____ for _____ In my budget? Yes No

\$ _____ for _____ In my budget? Yes No

\$ _____ for _____ In my budget? Yes No

Something I Cleaned today: _____

Positive Interactions today: _____

What I did towards Spiritual Growth today: _____

Today my biggest Personal Success was: _____

What I did for Someone Else today: _____

Today I am Grateful for: _____

Today I Feel: _____

Today I Learned: _____

Today I treated myself with love and care: Yes No