



My day today

Affirmation for the day

Today's top 3 tasks

forget me not

Check-in. how is it going?

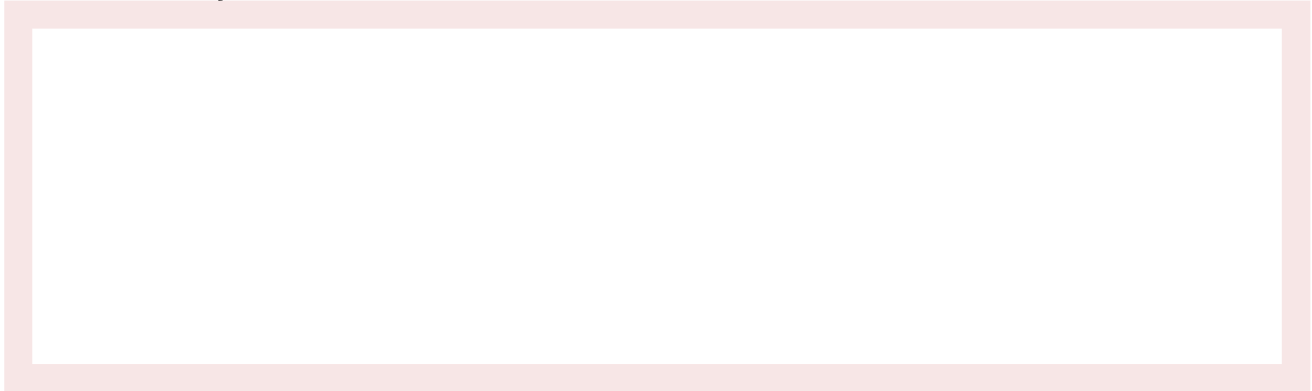
I am crushing it!

I could to better!

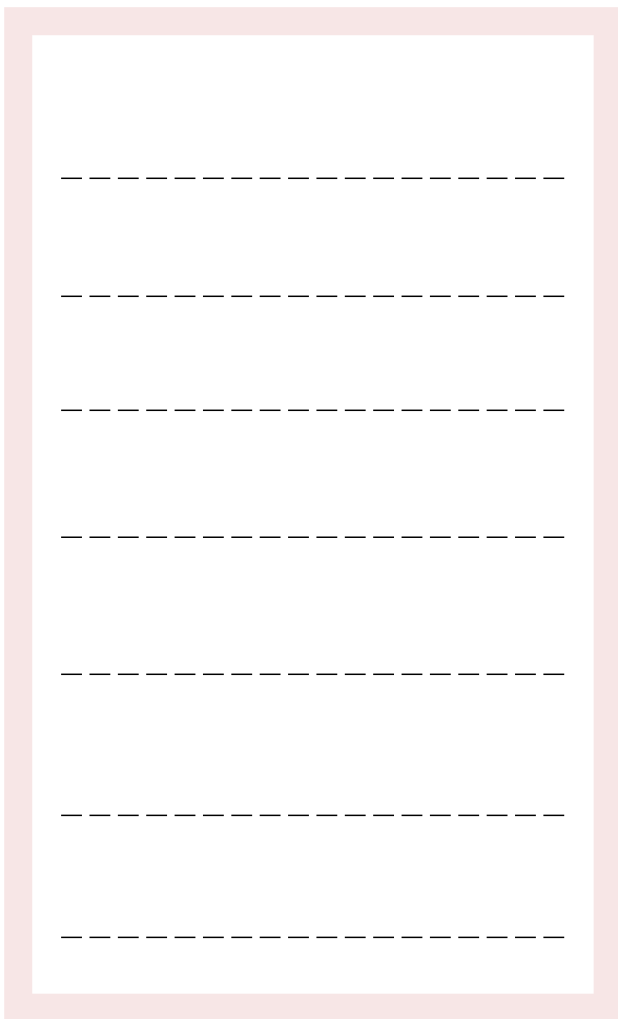
The day got away!

My day today....how it went

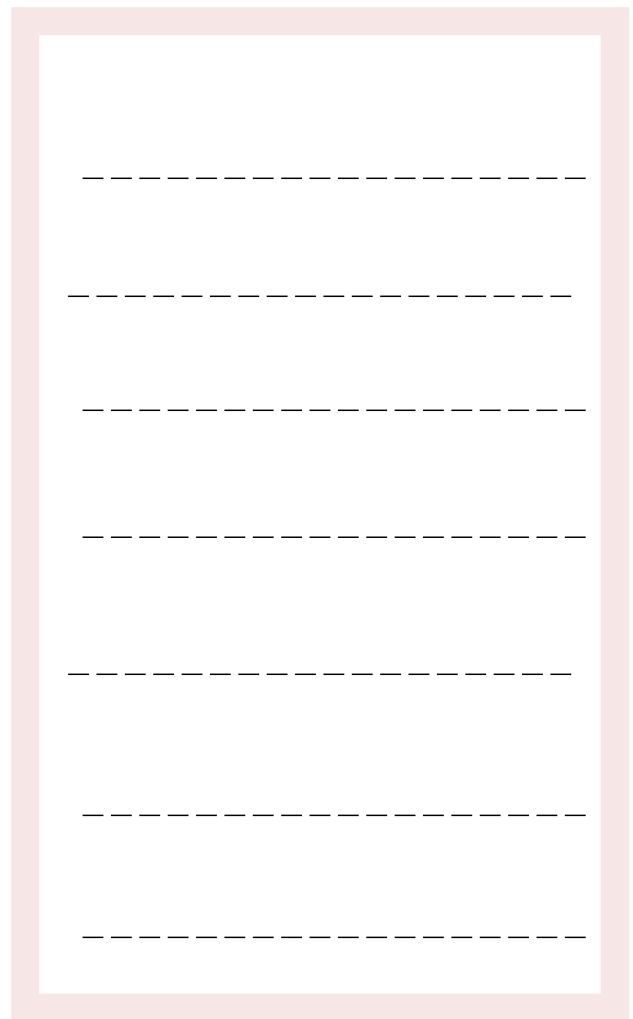
My accomplishments today



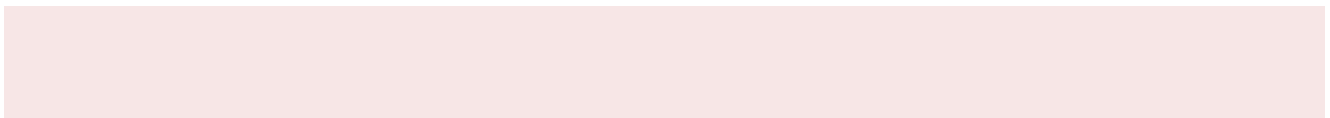
I had fun doing



Challenges I faced



What made me feel awesome today



How I want tomorrow to be

Tomorrow's Goals

3 healthy activities I will do

What I need to do to accomplish these

Notes