



# HOLISTIC JOURNAL

Date \_\_\_\_\_

## INTENTION

## DAILY CHECKLIST

- Intention
- Guidelines
- Priorities
- Heart Based Practice
- Evaluation

Water



Each drop represents 8 fl. oz.

TIME	ENERGY	FOOD & DRINK	NUTRITION	
	H ——— M ——— L		P _____ F _____ C _____	R O Y G B P Bl W T Br
	H ——— M ——— L		P _____ F _____ C _____	R O Y G B P Bl W T Br
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Energy Levels - H: High M: Moderate L: Low

Macronutrients - P: Proteins F: Fats C: Carbohydrates

Phytonutrients - R: Red O: Orange Y: Yellow G: Green B: Blue P: Purple Bl: Black W: White T: Tan Br: Brown

## DIETARY NOTES

## REFLECTION

Notes, questions, thoughts, etc. Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, observations, and realizations. This space is yours.

Mood



What was your overall mood today?

### MINDFULNESS

CHALLENGES

REFLECTIVE PRACTICES

### RELATIONSHIPS

NON-SUPPORTING

SUPPORTING

### MOVEMENT & PLAY

### SLEEP & RELAXATION

PLAY

MOVEMENT

RELAXATION

SLEEP QUANTITY & QUALITY

What are you grateful for today?

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OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10



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