**Healthy Habits Log**

Circle Day: M Tu W Th Sa Su

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| Date:......................... | ………………………………………………………………………………………………………………………………. |
| Woke: |  |
| Breakfast: |  |
| Morning: |  |
| Lunch: |  |
| Afternoon: |  |
| Dinner: |  |
| Evening: |  |
| Night: |  |
| Bed: |  |
| Snacks: |  |
| Tea: |  |
| Coffee: |  |
| Alcohol: |  |
| Medication: |  |
| Personal Care: |  |
| Home Care: |  |
| Outdoors: |  |
| Relaxation: |  |
| Fun: |  |
| Treat: |  |