

Healthy Habits Log

Circle Day: M Tu W Th Sa Su

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