

	Date:		
	Day#		
	Free Writing:		
	Intentions (Daily or Long Term):		
	1.		
	2.		
	3.		
Tasks & Action Items:			Minutes
	·		[]
	•		[]
	•		[]
	·		[]
	·		[]
	·		[]
	•		[]
	•		
	•		[]
	Exercise/Relaxation Intentions:	Healthy Eating Plan:	
		Breakfast:	
		Lunch:	
		Dinner:	
		Snacks:	
	Gratitude Check:		
	1.		
	2.		
	3.		Done \square