

Daily Journal Entry

Name:

Week:

Date:

What I ate:

What I probably shouldn't have eaten:

What I did for exercise:

Optional

How I felt:

Challenges:

Successes:

Goals for tomorrow:

Daily Journal Entry

Name:

Week:

Date:

What I ate:

What I probably shouldn't have eaten:

What I did for exercise:

Optional

How I felt:

Challenges:

Successes:

Goals for tomorrow: