

Morning Intentions

Today is _____

How I feel this morning:

What I am consuming:

Liquids _____

Whole grains _____

Vegetables _____

Fruits _____

Protein _____

GOALS FOR TODAY:

1. _____

Action steps: _____

2. _____

Action steps: _____

3. _____

Action steps: _____

What to celebrate today:

How will I celebrate myself today:

How I felt today:

Mood: 1 2 3 4 5

Energy: 1 2 3 4 5

Digestion: 1 2 3 4 5

Cravings: 1 2 3 4 5

My Successes Today:

- Morning Intentions
- Positive Self talk
- Conscious eating
- Get fresh air
- physical activity/move
- prayer/meditation
- meaningful connections
- laughter
- time for myself
- visualized my future

Today I appreciate myself for: _____

Choices that did not serve me or support me: _____

Supportive thought before bed: _____

Evening Reflections