Date:	Date:
One thing that would make today great:	One thing that would make today great:
Today's mantra:	
Drank my water: ounces	Drank my water: ounces
Ate my greens:	Ate my greens:
Dose of fresh air or sunshine:	Dose of fresh air or sunshine:
3 moments I am grateful for today:	3 moments I am grateful for today:
Non Scale Victory:	
Tomorrow's focus:	Tomorrow's focus:

