

My

# Daily Tracker

Date \_\_\_\_\_

Mo Tu We Th Fr Sa Su

My sleep last night was



Approx. hours \_\_\_\_\_

Get up time \_\_\_\_\_

How am I feeling this morning?



Daytime todo list

- Meditate, Yoga or Stretch
- Get work tasks done
- Enjoy fun & laughter
- Open a window and get fresh air
- Time off computer screen
- Move my body or take a walk

Today I intend to: \_\_\_\_\_

\_\_\_\_\_

Eye exercises



Cups of water



Evening todo list

- Read 20 pages of a book
- Meditate for 10 minutes
- Brush teeth and wash face
- Write in my journal
- Workout for 30 minutes
- Affirmations / Prayer

How am I feeling this evening?



Am I satisfied with this day?



I am grateful today for

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What I love about today

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What I managed to do today

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What I would like to tell myself for tomorrow

\_\_\_\_\_

Notes

\_\_\_\_\_

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun proud  
strong active love passion freedom happiness  
optimism belief hope inspired courage interest  
amusement gratitude delight relaxed calm confident  
curious focused worthy thrilled self-respecting kind