

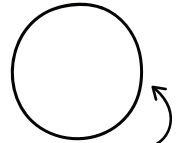
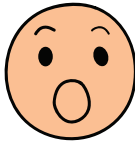
# MIND & BODY DAILY CHECK IN

Name:

Date

Nickname:

How did you feel today when you woke up? Circle below:



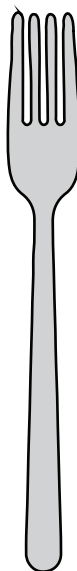
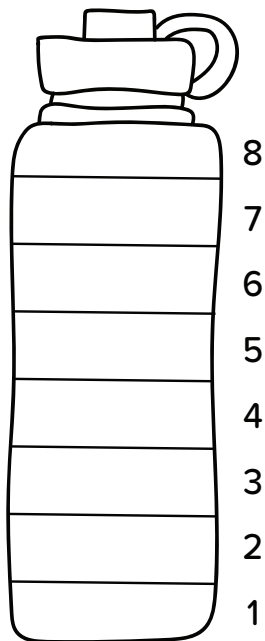
Other

How did you rest your mind and body today?

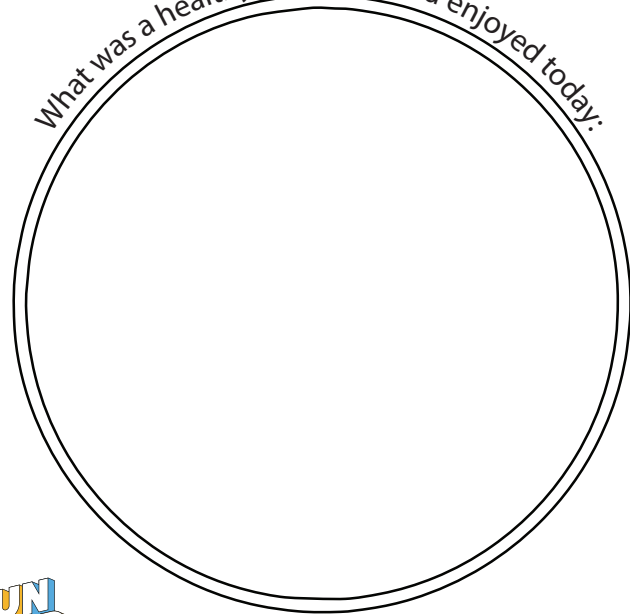
What made you feel happy today?

## Water tracker:

Colour in one section of the water bottle for each cup (8oz) of water you drink today.



What was a healthy meal that you enjoyed today:



# MIND & BODY DAILY CHECK IN

How did you move your body today?

How did you feel?



What was challenging for you today?

How did you overcome this challenge?

**DOING YOUR  
BEST IS MORE  
IMPORTANT  
THAN BEING  
THE BEST.**

What are three things that you are grateful for?

