

DAILY JOURNAL

Kelly Schmidt
WELLNESS

DATE :

BREAKFAST	LUNCH	DINNER	SNACKS

MOOD	SLEEP	DIGESTION	EXERCISE

TODAY'S WIN :

TODAY'S CHALLENGE:

GOALS :

- 1 CUP NON-STARCHY VEGGIES
- 2-3 CUPS LEAFY GREENS
- ___ OZ. WATER
- 1 PROBIOTIC FOOD
- FOCUS ON REAL FOODS
- DAILY SUPPLEMENTS
- >7 HOURS SLEEP
- _____