

WELLNESS JOURNAL

KELLY SCHMIDT WELLNESS

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FOOD JOURNAL

Breakfast:

Lunch:

Snack(s):

Dinner:

Today's Win:

HOW DO YOU FEEL?

Mood:

Energy/Blood Sugars:

Sleep:

Digestion:

Movement:

Today's Challenge:

DAILY GOALS

- 2 cups of greens
- Protein at each meal
- ____ oz of water
- >7 hours of sleep

VITAMINS/SUPPLEMENTS

- Eat color
- 1.
- 2.
- 3.