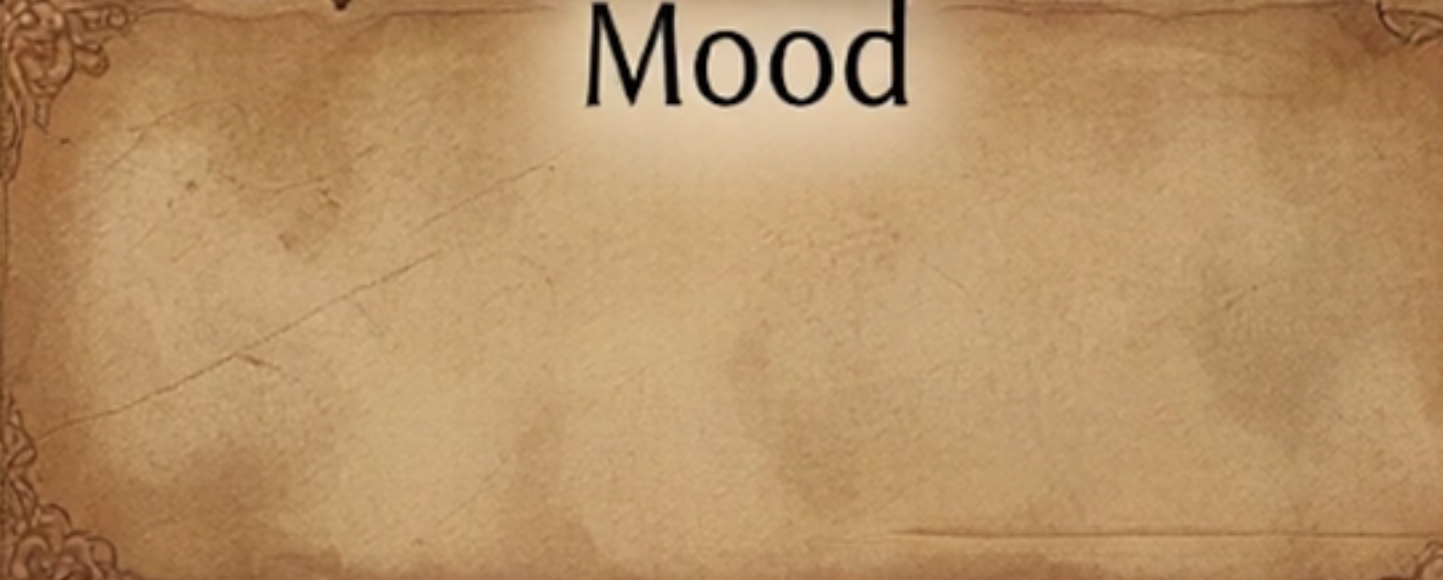




Mood

Date: _____

S M T W T F S

A row of five flat, irregular stones set against a background of larger, grey, pointed stones. Above the stones is the word "Weather" in a simple, black, sans-serif font. Each of the five stones has a black line drawing of a weather condition: a sun, a sun partially covered by a cloud, a single cloud, a cloud with three vertical lines underneath representing rain, and a snowflake.

Reflections



Today I Will Be

Reminders

Hours of sleep

Ⓟ Ⓟ Ⓚ Ⓛ Ⓡ Ⓡ Ⓚ Ⓡ Ⓞ Ⓞ

How rested I felt: _____

Water

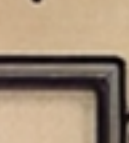
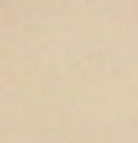
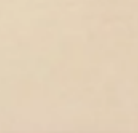
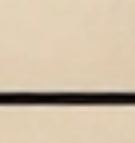
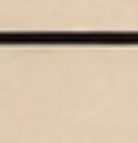
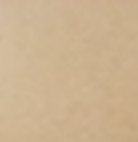
Other liquid: _____

Exercise

Money Tracker	
Money In	From
	
Money Out	To
	

[illegible]

To Do

Meal Tracker

A decorative banner with a textured, parchment-like background. It features ornate dragon head motifs at the corners. The word "Notes" is written on the left side, and "Carry over to tomorrow" is written on the right side.

A decorative banner with a textured, parchment-like background. It features ornate dragon head motifs at the corners. The word "Notes" is written on the left side, and "Carry over to tomorrow" is written on the right side.