JAN FEB MAR APR MAY JUN JUL AUG SEPT OCT NOV DEC MON TUE WED THUR FRI SAT SUN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

CD:

energy level

sleep

bm #1 TIME _____

bm #2 TIME _____

bm #3 TIME _____

mood

water

workout intensity

rate your day

Daily Gratitude:

My Day:

Let's not try to figure out everything at once.

AHARA DINACHARYA

A GUTSY GIRL®