

Balance Tracker

Daily tracker



Date _____

How am I feeling this morning?



Great



Good



Okay



Not
good



Awful

Day to do list













Today I intend _____

Exercise

1

2

3

Cups of water

1

2

3

4

5

6

7

Evening to do list













How am I feeling this evening?



Great



Good



Okay



Not
good



Awful

Am I satisfied with this day?



How I fueled my body today:

Meal Preps:

What I managed to do today

Questions for my recruiter:

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun
proud strong active love passion freedom
happiness optimism belief hope inspired
courage interest amusement gratitude delight
relaxed calm confident curious focused
worthy thrilled self-respecting kind