

# Daily Nourishment Journal

	Day 1	Day 2	Day 3
<b>FUEL:</b> Breakfast			
Lunch			
Dinner			
Snacks			
Hydration			
Movement/ Exercise			
State of Mind: Energy Mood			
State of Body: Digestion Skin etc			
Sleep			
Happiness/ Gratitude			

Things I can do to treat my body and feel fantastic:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

