

AVA FIT

DAILY HEALTH JOURNAL



MY NAME:

TODAY'S DATE:

	WHAT I ATE	HUNGER 0-10	DETAILS		WHAT WAS I FEELING?	FEELING WORDS	
BREAKFAST			WHERE: WITH: TIME:			afraid angry annoyed anxious ashamed awful blissful blue calm cheerful comfortable concerned confused content cozy crabby depressed disappointed disgusted discouraged down ecstatic embarrassed empty excited explosive fearful fed-up frightened frustrated full gloomy grateful great guilty helpless hopeless hurt impatient jealous	lonely lost loved mad miserable moody panicky petrified playful pleased proud quiet relaxed sad safe satisfied scared shaken shocked silly small sorry suspicious tense terrific terrified thankful threatened ticked tickled timid uneasy unhappy unloved upset violent weird withdrawn wonderful worried
LUNCH			WHERE: WITH: TIME:				
DINNER			WHERE: WITH: TIME:				
SNACKS & DRINKS			WHERE: WITH: TIME:				
EXERCISE			WHERE: WITH: TIME:				

I WENT TO SLEEP AT:

I WOKE UP AT: