

How I Feel Today

Today is _____

Date: ___/___/___

How do I feel today?



Happy



Angry



Proud



Afraid



Sad



Excited



Worried

I feel this way because?

Something I enjoyed about today:

Something I didn't enjoy as much about today:

Something I'm looking forward to:

How would you rate how you are feeling today out of 10?



Healthy Me

Today is _____ the ___/___/___.

How much water have I had today?



(Please circle how many)

Did I have any other drinks?



(please circle how many)

What type of drink was it? _____

Have I eaten today?

Breakfast	Lunch	Dinner	Snacks

Have I done any healthy activities today?
