

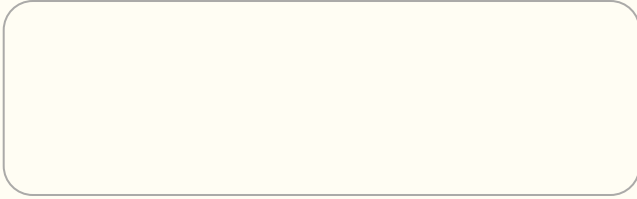


My Journal

Gratitude Journal

Date _____

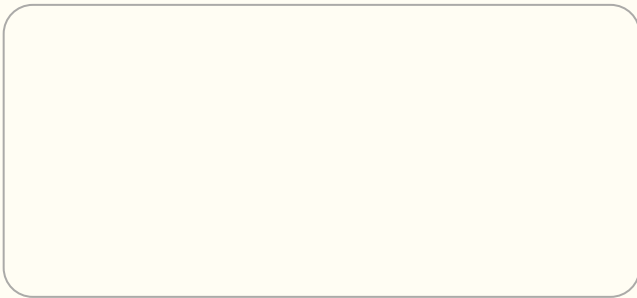
Water Tracker

A large, empty rounded rectangular box for tracking water intake.

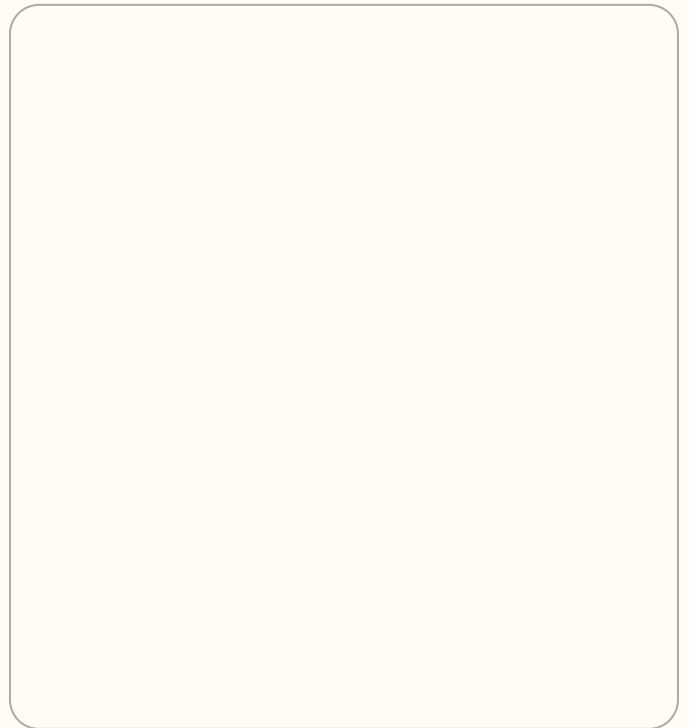
Today I am grateful for

- _____
- _____
- _____

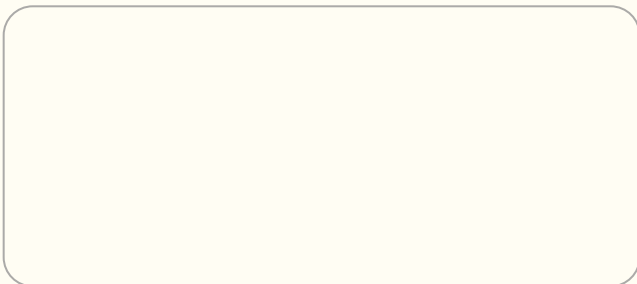
Mood Tracker

A large, empty rounded rectangular box for tracking mood.

Describe today in a drawing

A large, empty rounded rectangular box for drawing a scene from the day.

Weather Tracker

A large, empty rounded rectangular box for tracking weather.

Thoughts & Reflections

Gratitude Journal

Date _____

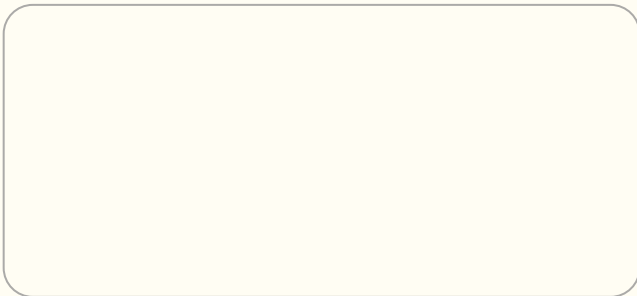
Water Tracker

A large, empty rounded rectangular box for tracking water intake.

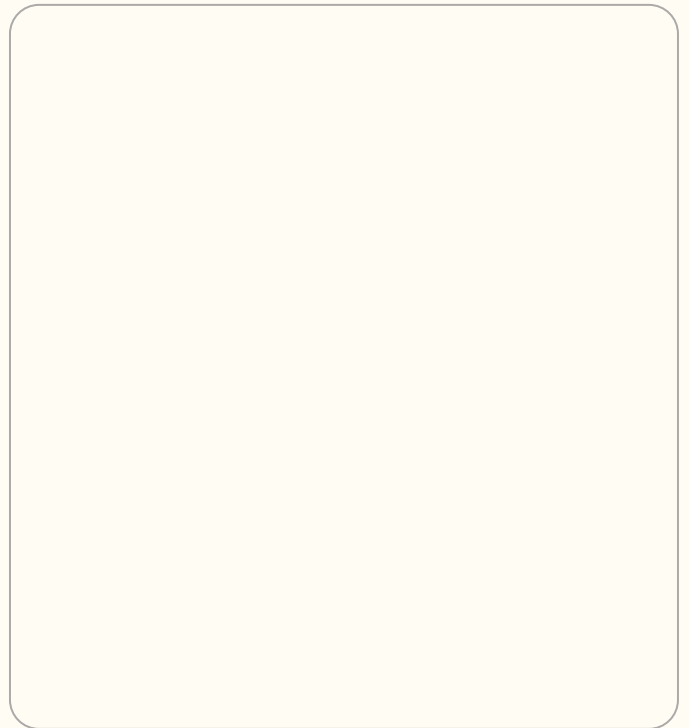
Today I am grateful for

- _____
- _____
- _____

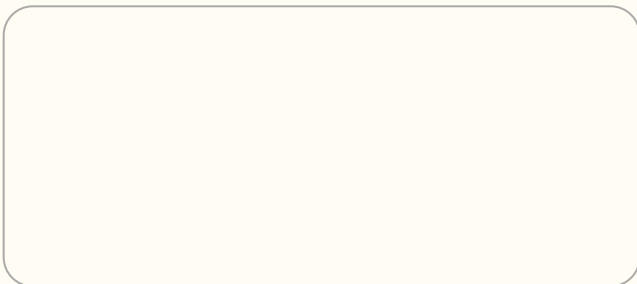
Mood Tracker

A large, empty rounded rectangular box for tracking mood.

Describe today in a drawing

A large, empty rounded rectangular box for drawing a scene from the day.

Weather Tracker

A large, empty rounded rectangular box for tracking weather.

Thoughts & Reflections

Gratitude Journal

Date _____

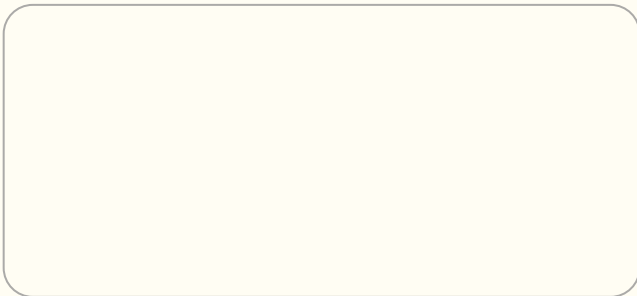
Water Tracker

A large, empty rounded rectangular box for tracking water intake.

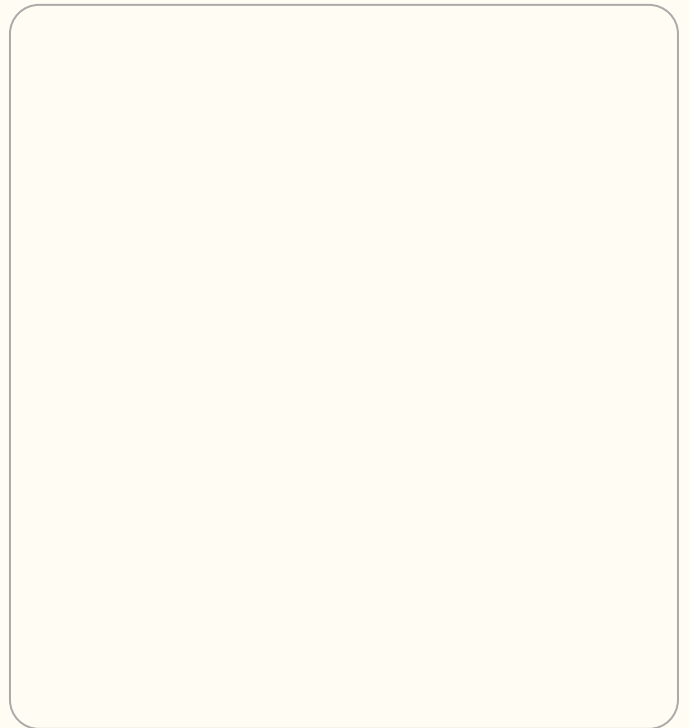
Today I am grateful for

- _____
- _____
- _____

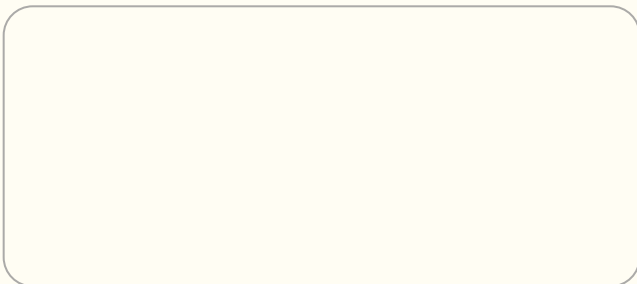
Mood Tracker

A large, empty rounded rectangular box for tracking mood.

Describe today in a drawing

A large, empty rounded rectangular box for drawing a scene from the day.

Weather Tracker

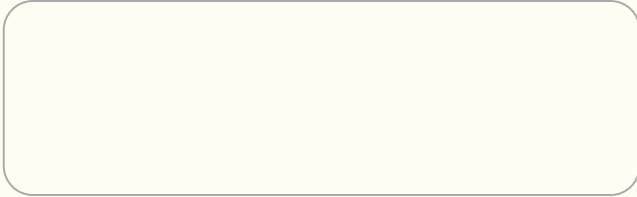
A large, empty rounded rectangular box for tracking weather.

Thoughts & Reflections

Gratitude Journal

Date _____

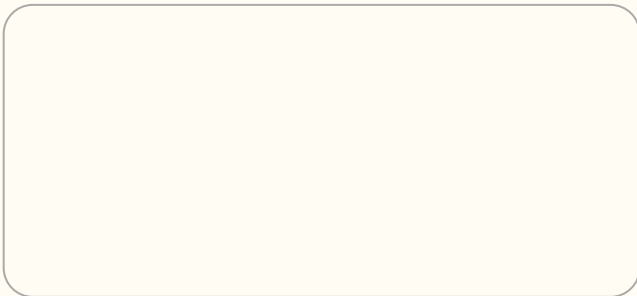
Water Tracker

A large, empty rounded rectangular box for tracking water intake.

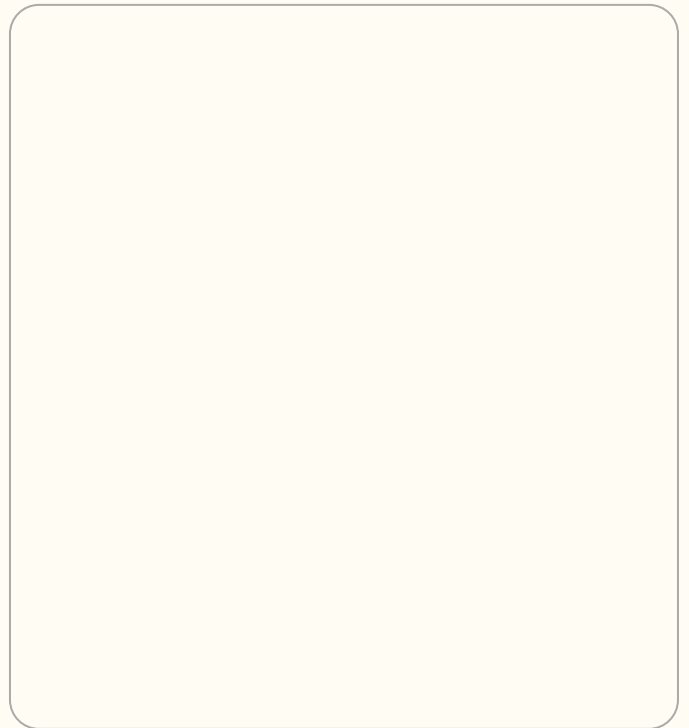
Today I am grateful for

- _____
- _____
- _____

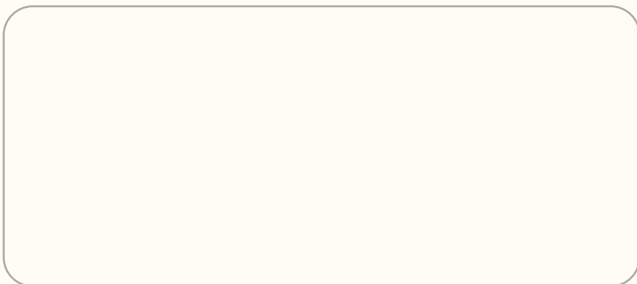
Mood Tracker

A large, empty rounded rectangular box for tracking mood.

Describe today in a drawing

A large, empty rounded rectangular box for drawing a scene from the day.

Weather Tracker

A large, empty rounded rectangular box for tracking weather.

Thoughts & Reflections

Gratitude Journal

Date _____

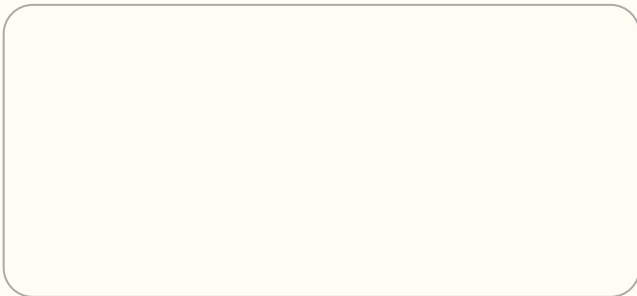
Water Tracker

A large, empty rounded rectangular box for tracking water intake.

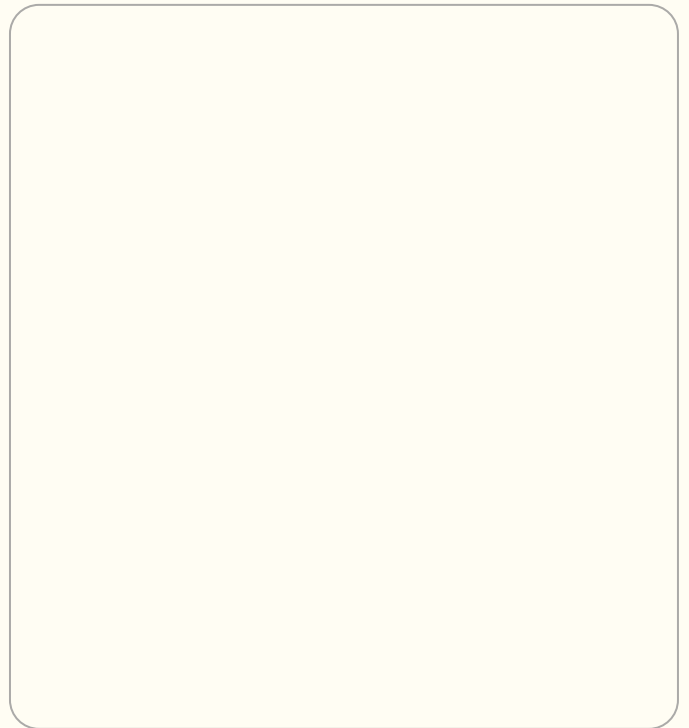
Today I am grateful for

- _____
- _____
- _____

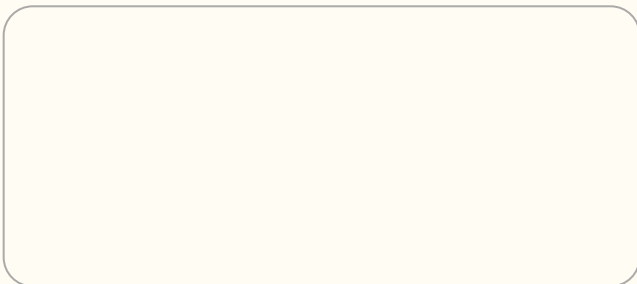
Mood Tracker

A large, empty rounded rectangular box for tracking mood.

Describe today in a drawing

A large, empty rounded rectangular box for drawing.

Weather Tracker

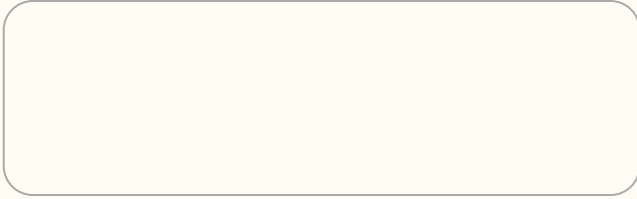
A large, empty rounded rectangular box for tracking weather.

Thoughts & Reflections

Gratitude Journal

Date _____

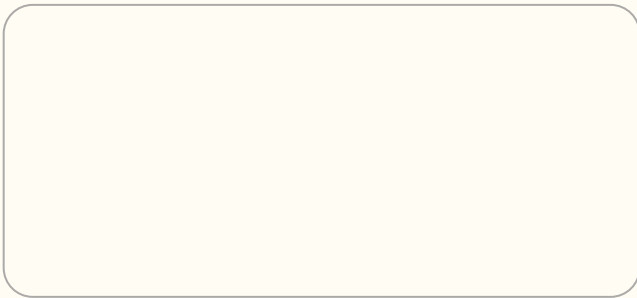
Water Tracker

A large, empty rounded rectangular box for tracking water intake.

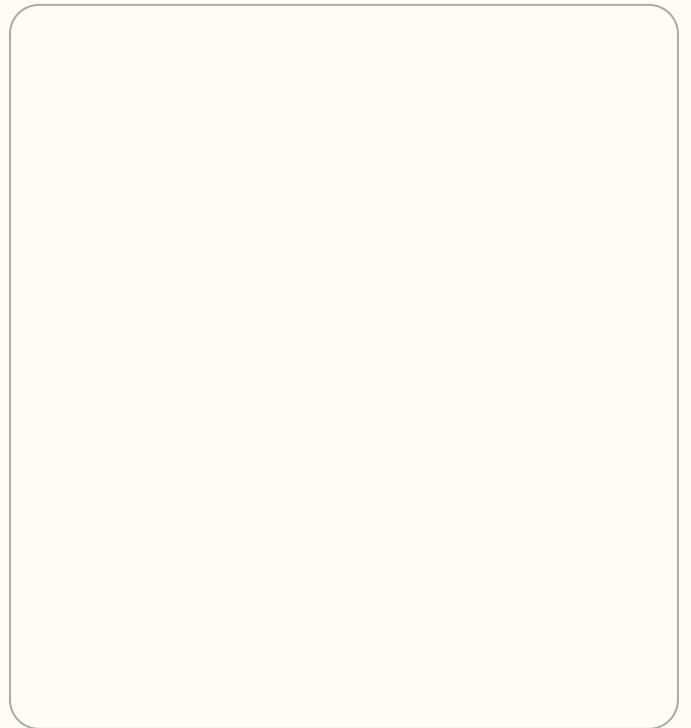
Today I am grateful for

- _____
- _____
- _____

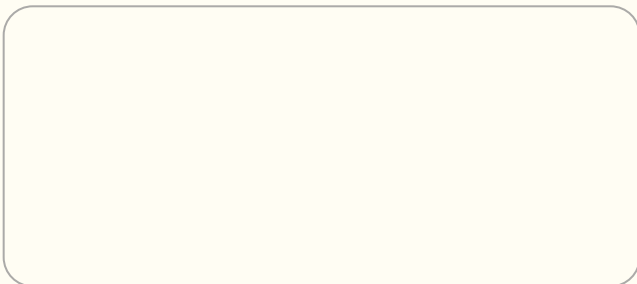
Mood Tracker

A large, empty rounded rectangular box for tracking mood.

Describe today in a drawing

A large, empty rounded rectangular box for drawing a scene from the day.

Weather Tracker

A large, empty rounded rectangular box for tracking weather.

Thoughts & Reflections

Gratitude Journal

Date _____

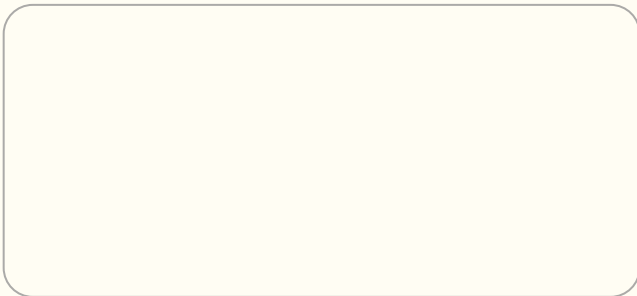
Water Tracker

A large, empty rounded rectangular box for tracking water intake.

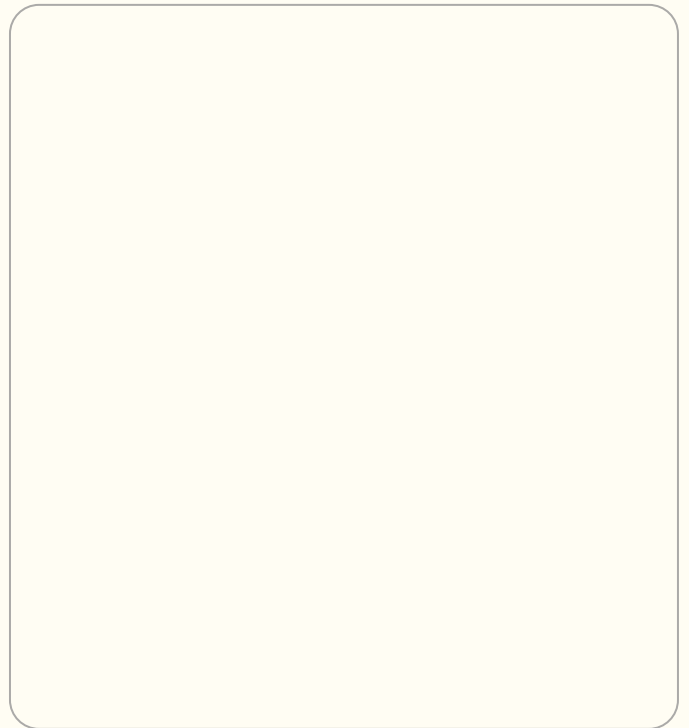
Today I am grateful for

- _____
- _____
- _____

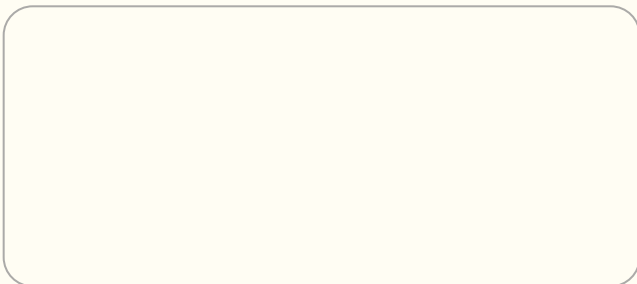
Mood Tracker

A large, empty rounded rectangular box for tracking mood.

Describe today in a drawing

A large, empty rounded rectangular box for drawing a scene from the day.

Weather Tracker

A large, empty rounded rectangular box for tracking weather.

Thoughts & Reflections
