





How to use your Healthy Living *JOURNAL*

These templates are printable
at home or easily fillable in any
PDF annotation app.

This Journal Belongs To

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Healthy Living

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Living

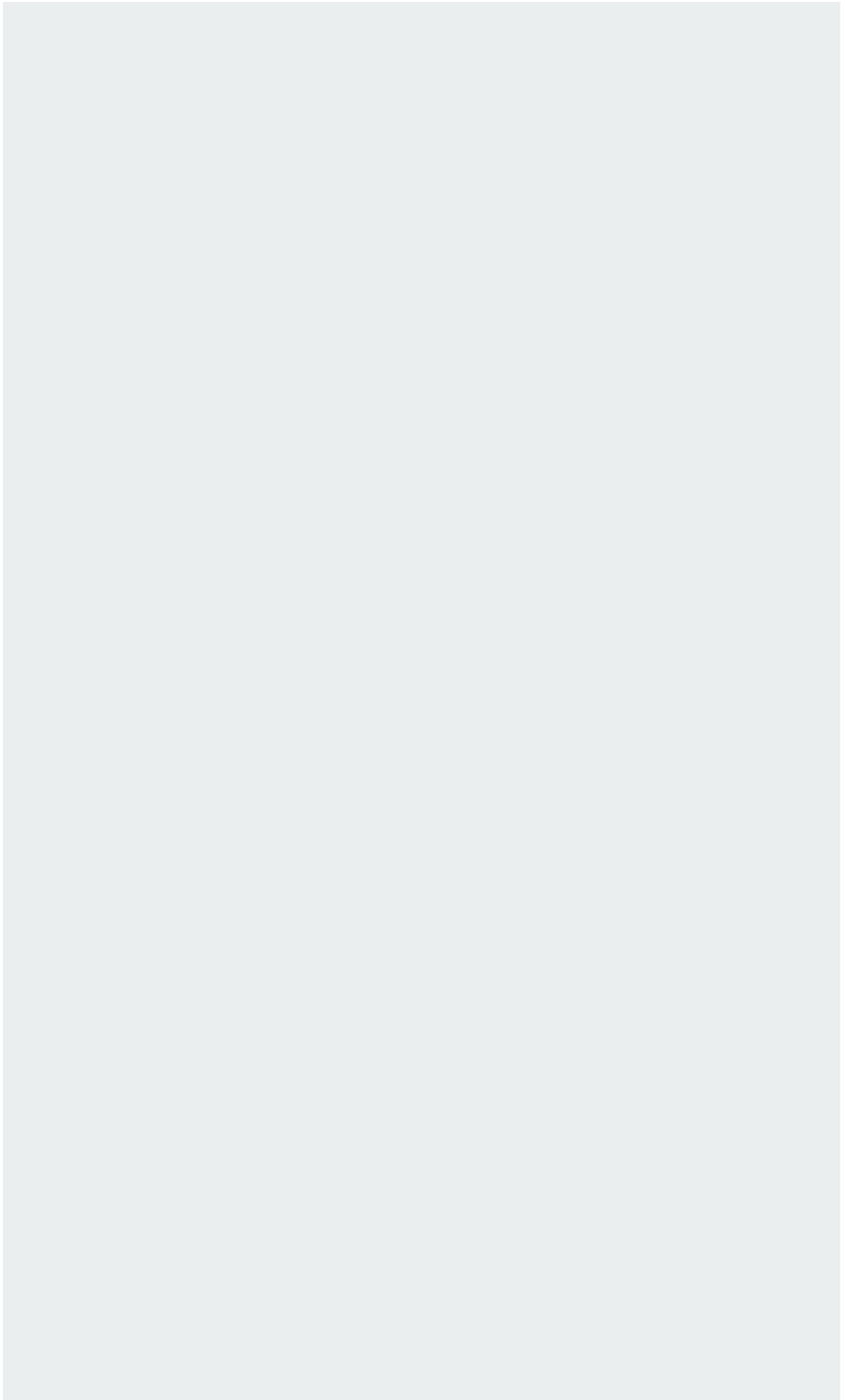
Healthy Recipe

Name:

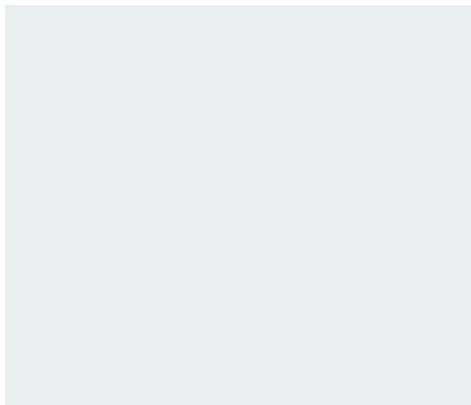
Category:	Prep Time:
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Ingredients:

Notes:



Notes



Healthy Living Mood Tracker

MONTH _____

A circular mood tracker divided into 31 segments, each representing a day of the month. The segments are arranged in a ring, with the outer edge labeled with the day number (1-31) and the inner edge labeled with the day number (1-31). The segments are currently empty, ready for a user to record their mood for each day.

NEUTRAL

GRUMPY

RELAXED

TIRED

SICK

HAPPY

STRESSED

SAD

ANGRY

