

# Vitalize

## Daily Health Journal

Date: \_\_\_\_\_

Journal Number: \_\_\_\_\_

Daily Goals: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Hours of sleep last night: \_\_\_\_\_

Today's work out regimens:

Type: \_\_\_\_\_

Length: \_\_\_\_\_

Mediation: \_\_\_\_\_ Length: \_\_\_\_\_

Today's Meals:  
(Remember to give yourself one day to have the sweets.)

Glasses of water drank: \_\_\_\_\_  
(Ideal 6 to 8 glasses a day.)



Breakfast

Snack

Lunch

Snack

Dinner

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Notes: