

5

A M

Club



DATE TODAY

MOOD WHEN I WOKE UP



EXERCISE - 20 MINUTES

LEARN - 20 MINUTES

DESCRIBE YOUR WORKOUT:

WHAT DID YOU READ / LEARN ABOUT?

REFLECTION - 20 MINUTES

DESCRIBE WHAT YOU DID AND ANY OBSERVATIONS YOU WANT TO RECORD:

JOURNAL :

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MOOD AFTER MORNING ROUTINE

