**...................’S DAY**

# Day: ..................... Date: ..... /..... /.....

## I DRANK

WHEN:\_\_\_\_\_\_ WHAT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AMOUNT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WHEN:\_\_\_\_\_\_ WHAT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AMOUNT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WHEN:\_\_\_\_\_\_ WHAT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AMOUNT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WHEN:\_\_\_\_\_\_ WHAT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AMOUNT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## I WAS

⬜HAPPY ⬜SWEET

⬜SAD ⬜SENSITIVE

⬜QUIET

## I SLEPT

WHEN:\_\_\_\_\_\_\_\_\_\_\_\_\_ HOW LONG:\_\_\_\_\_\_\_\_\_\_\_\_\_

WHEN:\_\_\_\_\_\_\_\_\_\_\_\_\_ HOW LONG:\_\_\_\_\_\_\_\_\_\_\_\_\_

WHEN:\_\_\_\_\_\_\_\_\_\_\_\_\_ HOW LONG:\_\_\_\_\_\_\_\_\_\_\_\_\_

WHEN:\_\_\_\_\_\_\_\_\_\_\_\_\_ HOW LONG:\_\_\_\_\_\_\_\_\_\_\_\_\_

## I HAD FUN WITH...

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## I ATE

BREAKFAST:⬜ WHAT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AMOUNT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MORNING TEA:⬜ WHAT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AMOUNT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LUNCH:⬜ WHAT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AMOUNT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AFTERNOON TEA:⬜ WHAT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AMOUNT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LATE AFTERNOON TEA:⬜ WHAT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AMOUNT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(AFTER 5PM)