**...................’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)