

My Weekly Health Journal

This is the week of

My health plan for this week includes

What I had for breakfast

Monday

Tuesday

Wednesday

Thursday

Friday

SAMPLE

What I had for lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Snacks I had this week

SAMPLE

What I had for dinner

Monday

Tuesday

Wednesday

Thursday

Friday

Amount of rest

Time I got up

Time I went to bed

Hours of rest I had

Monday

Tuesday

Wednesday

Thursday

Friday

Did I get enough rest this week?

SAMPLE

