



Date: _____
Day#: _____

DAILY DEBRIEF

#365BetterDays

MOVEMENT: (workout/training, recreational activities, yard work, etc.)

#MoveMore #MoveBetter

FUEL: (food, drinks and vitamins/supplements)

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Drinks: _____

Supplements: _____

#FoodIsFuel #SupplementSmarter

ENERGY RATING 1 2 3 4 5

WALKING with intention:
(time and/or distance)

#WalkEveryDamnDay #WalkingIsUnderrated

BREATHING with awareness:
(# of breaths and/or time)

#BreathingIsASuperPower #BreatheBetter

MOOD RATING 1 2 3 4 5

MINDFULNESS: (meditation, being present, alone/quiet time, etc.)

#BePresent #MindfulnessMatters

HUMANNESS: (act of kindness/compassion, making a mistake, being real, etc.)

#BeHuman #BeReal

Today, I am **GRATEFUL** for:

1. _____

2. _____

3. _____

#GratitudeRocks #GratefulForAllOfIt



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DAILY DEBRIEF

NOTES ABOUT TODAY: (journaling, highlights, random thoughts, ideas, etc.)

#LiveLifeOutLoud #TakingItAllIn

MOTIVATION: (affirmation, quote, etc.)

#MotivateYourself #YouAreYourCompetition

Tomorrow, I will...

1. _____
2. _____
3. _____

#BetterEveryDay #GetAfterIt