

# daily success log

## COMPLETE 22 DAY LOG

DAY

0

### SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent      ☐ fair  
☐ good      ☐ poor

### EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

### MOOD & ENERGY

- ☐ excellent      ☐ fair  
☐ good      ☐ poor

### WHAT I ATE FOR...

Breakfast \_\_\_\_\_

Snack (optional) \_\_\_\_\_

\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
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Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

1

### SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent      ☐ fair  
☐ good      ☐ poor

### EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

### MOOD & ENERGY

- ☐ excellent      ☐ fair  
☐ good      ☐ poor

### WHAT I ATE FOR...

Breakfast \_\_\_\_\_

Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

2

### SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent      ☐ fair  
☐ good      ☐ poor

### EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

### MOOD & ENERGY

- ☐ excellent      ☐ fair  
☐ good      ☐ poor

### WHAT I ATE FOR...

Breakfast \_\_\_\_\_

Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

3

**SLEEP TIME & QUALITY**

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**EXERCISE**

time \_\_\_\_\_

type \_\_\_\_\_

**MOOD & ENERGY**

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**WHAT I ATE FOR...**

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

4

**SLEEP TIME & QUALITY**

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**EXERCISE**

time \_\_\_\_\_

type \_\_\_\_\_

**MOOD & ENERGY**

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**WHAT I ATE FOR...**

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

4

**SLEEP TIME & QUALITY**

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**EXERCISE**

time \_\_\_\_\_

type \_\_\_\_\_

**MOOD & ENERGY**

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**WHAT I ATE FOR...**

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

5

**SLEEP TIME & QUALITY**

to bed last night \_\_\_\_\_

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- ☐ excellent      ☐ fair  
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**EXERCISE**

time \_\_\_\_\_

type \_\_\_\_\_

**MOOD & ENERGY**

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**WHAT I ATE FOR...**

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

6

SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

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EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

- ☐ excellent ☐ fair  
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WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

7

SLEEP TIME & QUALITY

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EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

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WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

8

SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

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EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

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WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

9

SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

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EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

- ☐ excellent ☐ fair  
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

10

SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

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EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

- ☐ excellent ☐ fair  
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WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

11

SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent ☐ fair  
☐ good ☐ poor

EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

- ☐ excellent ☐ fair  
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

12

SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent ☐ fair  
☐ good ☐ poor

EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

- ☐ excellent ☐ fair  
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

13

SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent ☐ fair  
☐ good ☐ poor

EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

- ☐ excellent ☐ fair  
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

14

SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

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- ☐ excellent ☐ fair  
☐ good ☐ poor

EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

- ☐ excellent ☐ fair  
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

15

SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent ☐ fair  
☐ good ☐ poor

EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

- ☐ excellent ☐ fair  
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

16

SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent ☐ fair  
☐ good ☐ poor

EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

- ☐ excellent ☐ fair  
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

17

SLEEP TIME & QUALITY

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent ☐ fair  
☐ good ☐ poor

EXERCISE

time \_\_\_\_\_

type \_\_\_\_\_

MOOD & ENERGY

- ☐ excellent ☐ fair  
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

18

**SLEEP TIME & QUALITY**

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**EXERCISE**

time \_\_\_\_\_

type \_\_\_\_\_

**MOOD & ENERGY**

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**WHAT I ATE FOR...**

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

19

**SLEEP TIME & QUALITY**

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**EXERCISE**

time \_\_\_\_\_

type \_\_\_\_\_

**MOOD & ENERGY**

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**WHAT I ATE FOR...**

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

20

**SLEEP TIME & QUALITY**

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**EXERCISE**

time \_\_\_\_\_

type \_\_\_\_\_

**MOOD & ENERGY**

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**WHAT I ATE FOR...**

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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DAY

21

**SLEEP TIME & QUALITY**

to bed last night \_\_\_\_\_

woke up today \_\_\_\_\_

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**EXERCISE**

time \_\_\_\_\_

type \_\_\_\_\_

**MOOD & ENERGY**

- ☐ excellent      ☐ fair  
☐ good            ☐ poor

**WHAT I ATE FOR...**

Breakfast \_\_\_\_\_ Snack (optional) \_\_\_\_\_

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Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

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Notes \_\_\_\_\_

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