



DAILY SELF-CARE LOG

Today's date: *Tues Jan 2*

This tool is intended to help you summarize several components of your self-care program. Space is provided for recording information about daily nutrition, exercise, sleep, and for tracking your mood and daily goals.

THE FOOD CHOICES I MADE TODAY	
8 am	Coffee w/ cream, 2 slices wheat
	Toast w/ low fat marg & jelly
10 am	Coffee w/ cream, banana
12.30 pm	Salad, low fat dressing, sliced
	chicken breast, vegetable soup
3 pm	Granola bar
6 pm	Broiled whitefish, cauliflower,
	Dinner roll w/ low fat marg
8 pm	Low fat frozen yogurt

PHYSICAL ACTIVITY	NOTES: HOW DID I FEEL BEFORE/DURING/AFTER ACTIVITY?
Activity/ # minutes <i>Walked the dog .30</i>	<i>Hard time waking up, but felt better after we got out on our walk. Good to get some fresh air.....</i>
Activity/ # minutes <i>Short walk at work .10</i>	
Activity/ # minutes <i>....Yoga video..... .20</i>	

MY SLEEP RECORD
My sleep target: <i>..8 hours.....</i>
Actual bedtime last night: <i>..11:30 pm.....</i>
Estimated hours slept last night: <i>..7 hours.....</i>
Target bedtime tonight: <i>..10:30 pm.....</i>

Did I eat a balanced diet today?

- Fruits & Veggies Whole Grains
- Dairy Fats/Oils
- Lean Protein

My goals for today: *Don't get too stressed about work.*

My end-of-day recap: *I managed to stay cool at work used breathing exercises.*

My goals for tomorrow: *Eat more protein, make a meal ahead for the next day.*

