



Stroke Survivor Fitness

My **BEST POSSIBLE LIFE** Health Journal

Setting goals and keeping track of your day-to-day progress can help you analyze your successes and challenges. Print this journal each day as a helpful tool for tracking and planning.

Today's date: _____

On a scale of 1 to 10, I would rate today as a:

1 2 3 4 5 6 7 8 9 10

My goal today:

Today, I did:

Most of the day I felt:

Right now, I feel:

Today, I ate:

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks/Other: _____

What I did while eating:

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks/Other: _____

My exercise log:

Things I did today to be healthier:

Today, I treated myself by:

I am most grateful for:

My biggest accomplishment today was:

My biggest challenge today was:

Tomorrow, I plan to:

Notes:
