



Mindfulness

Instructions: Start at the top of your head and scan down to your toes, noticing any unpleasant sensations and marking them on the diagram.

1/27/20
MONTH: 1 DAY: 1 YEAR:



Back

around lower back area, dull pain
from chest and stomach to

Free Printable Health Journals

Healthy Habits Tracker

Instructions: Record healthy habits for each day of the month. Track any other habits you want to track. Write down how you feel in the morning and evening. Write down any notes that come to fill in the boxes for each day.

Month: Jan 2020

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Got 8 hours of sleep																															
Drank 64 oz. of water																															
Exercised 30 minutes or more																															
Took medications and/or vitamins																															
Ate 5+ servings of fruits and veg																															

Toddy I Feel... Angry Happy Sad Stressed Tired Worried

Pain Tracker

Instructions: Put an 'x' in the circle and color in the top of the circle based on the severity of your pain: none, mild, moderate, severe, unbearable. Fill the circle out regularly to track any patterns in when and how your pain occurs.

Jan 20
beginning of reg. pain



Everyones Easydiet And Hlth Journal

Daniela Niemeyer



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