Our Daily Log

" A good laugh and a long sleep are the two best cures for anything. "

— Irish proverb

🌙 SLEEP

Date: _____		Amount: _____
CIRCLE THE MORNING MOOD		**NOTES/NAPS**
😣 😕 😐 🙂 😊		

🥕 FOOD

TIME	FOOD	NOTE

ACTIVITIES	TIME	ACTIVITIES	TIME

❤️ HEALTH

TIME	MEDICINE	DOSE

CIRCLE THE OVERALL MOOD	HIGH/LOW POINT OF THE DAY
😣 😕 😐 🙂 😊	