

# Daily Note Sheet

**Important Metrics:**

Wake Time \_\_\_\_\_

Sleep total \_\_\_\_\_

Daily Calorie Intake Goal= \_\_\_\_\_

Bed Time \_\_\_\_\_

Daily Stress Level (1-10) \_\_\_\_\_

Minutes of Exercise \_\_\_\_\_

**Focus behaviors/strategies for the day:**

**Activity and Food Log**

Time	Exercise or Food/ Beverage	Amount/ Duration	Calories	Mood	Satiety (1-10)

**Total Calories consumed =** \_\_\_\_\_

**Observations/Notes/Ideas for the future:**