Day	How energised did I feel today?	How well did I sleep last night?	How awake have I felt today?	How healthily did I eat today?	How happy am I with the self care I applied today?	How positive have I felt today?		
Monday 30th December (example)	4	7	4	9	6	6		
Tuesday 1st December								
Wednesday 2nd December								
Thursday 3rd December								
Friday 4th December								
Saturday 5th December								
Sunday 6th December								
	1							
	1							