

Daily Personal Tracker

Date _____ Moon Phase _____ Wake Time _____

Rise Time _____ Hours Slept _____ Ease of Waking (1-10) _____

Dream(s) _____

Intention/Affirmation for the Day _____

What Did I Eat _____

Morning Routine Evening Routine Read for Pleasure TV (hours) _____

Water (glasses) _____ Alcohol (glasses) _____ Caffeine (cups) _____

Yoga _____ Meditation _____ Other Exercise _____

Work Schedule _____

Work I've Accomplished _____

Current Goal(s) _____

_____ Met

Steps Taken Toward Goals _____

New Habits _____

What I've Read (that's furthering me) _____

Random Money Spent _____

Random Money Earned _____

General Mood _____

Tithe _____ Sleep Time _____ Ease of Falling Asleep (1-10) _____