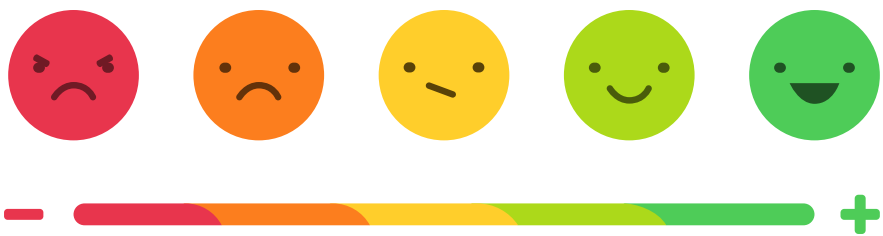


Self check-in

How have I felt overall today?



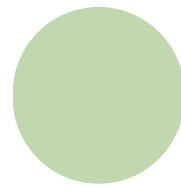
What is weighing on me most?



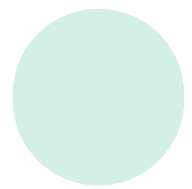
2 things that made me feel good today (no matter how small)



of meals I ate today:



cups of water I drank today:



What goal do I want to achieve tomorrow?



What can I approach differently tomorrow?

