

Health Log Example

Name _____

Date:	Sleep	Food	Moods/Feelings	Passions/Free Time	Work	Family	Thankful For
10/6	8	3 meals/2000	excited, anxious	ride bike, fav TV	8 hrs	dinner/walk	family, art
10/7	7	2 meals/2500	lonely, sad	read book	10 hrs	5 min hello	home, rest
10/8	8.5	3 meals/snack 2200	happy, joy	volunteer, draw	8.5 hours	dinner, tv work,	church