






my personal journal

recipe of the day

mood tracker

				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

step tracker

<2000	2K-4K	4K-8K	8K-10K	>10K
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

positive things of today

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-
-
-

sleep tracker

3-5 h	<input type="checkbox"/>
5-8 h	<input type="checkbox"/>
8-10 h	<input type="checkbox"/>
10+ h	<input type="checkbox"/>

hydration tracker

7 a.m.	<input type="checkbox"/>
11 a.m.	<input type="checkbox"/>
4 p.m.	<input type="checkbox"/>
9 p.m.	<input type="checkbox"/>

to do

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