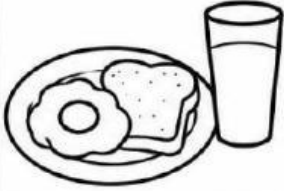


My Health Log

Date (yesterday): _____

What did you have
for breakfast
yesterday?



What did you have
for lunch
yesterday?



What did you have
for dinner
yesterday?



How many hours
did you sleep
yesterday?



_____ hours

Did you exercise
yesterday?

☐ Yes

☐ No

What exercise
did you do?
