

2010 Black Belt Test Daily Log

Workout #1	
Workout #2	

Morning Questions

- What am I happy about today?
- What am I most excited about today?
- What am I most proud of?
- What am I most grateful for?

Evening Questions

- What did I learn today?
- How did I contribute today?

Random Act of Kindness today

One thing I did for my Family today

Am I moving toward my goals?

Did I do my journaling today?

Date:

Day:

2010 Black Belt Test Daily Food Log

Date:	Time	Food	Cal	Pro- tein	Fat	Carb	salt
Meal #1							
Meal # 2							
Meal #3							
Meal #4							
Meal #5							
Meal #6							

Supplements							
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