

DAILY LOG

DAYS 6-14

Time	Foods	Calories
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

Exercise Completed Today	Length of Time

ANT (write down the negative thought)	ANT Species (identify the species)	ANTeater (talk back to the thought)

ANT (write down the negative thought)	ANT Species (identify the species)	ANTeater (talk back to the thought)

Gratitude
(write down one thing that you are grateful for today)

Calming Activity for Today	Length of Time

New Learning Activity for Today	Length of Time

Notes