

**Healthy Youth,  
Healthy Community**



\_\_\_\_\_ 's Journal

Morning Entry for Date: \_\_\_\_\_

What I am eating, and what I would like to eat:

What physical activity I'm doing, and what I would like to do:

What I am grateful for today:

Afternoon Entry

Something nice I did or another person did to make today better:

Something I learned or a mistake I made, and what I want to learn next:

What I noticed someone else do well in the community, and something I want to do:

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