



## Daily Journal

Date / /			M	T	W	T	F	S	S	
Symptom Diary			FOOD LOG							
<b>Mobility</b>										
am	mid-day	pm	am	mid-day		pm				
Poor	Poor	Poor								
Slow to Rise	Slow to Rise	Slow to Rise								
Fair	Fair	Fair								
Lags Behind	Lags Behind	Lags Behind								
Good	Good	Good								
Excellent	Excellent	Excellent								
<b>Notes</b>			<b>Notes</b>							

Attitude/Happiness			Medications		
am	mid-day	pm	am	mid-day	pm
Depressed	Depressed	Depressed			
Withdrawn	Withdrawn	Withdrawn			
Average	Average	Average			
Happy	Happy	Happy			
Energetic	Energetic	Energetic			
Playful	Playful	Playful			
<b>Notes</b>			<b>Notes</b>		

Activity			Supplements		
am	mid-day	pm	am	mid-day	pm
<b>Notes</b>			Today we:		
			Went for a walk		
			Did Exercises		
			Went for an Outing		