

# USE JOURNAL

Name:	Start Date:	Activity(s):
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	Morning	Afternoon	Evening	Amount/Cost	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Totals for the week:					

	Morning	Afternoon	Evening	Amount/Cost	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Totals for the week:					

	Morning	Afternoon	Evening	Amount/Cost	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Totals for the week:					

	Morning	Afternoon	Evening	Amount/Cost	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Totals for the week:					

As a guide, mornings are from 6am to noon, afternoons from noon to 6pm, and evenings are from 6pm on.

If you have a physical or mental health concern or condition, consult your doctor, GP, or appropriately qualified healthcare professional before making significant changes to your diet, lifestyle, or exercise routines. This tool is designed for personal insight and growth and is not suitable for professional diagnosis, guidance, or advice. This paper version of this tool is free to use and share – but not alter. Users are solely responsible for their use of this tool. The creator, Gearóid Carey, assumes no responsibility for any consequences arising from its use.

Gearóid Carey disclaims all liability for any damages or harm resulting from the use, reference to, or reliance on this tool. Not suitable for Children or young adolescents. Older adolescents should only use this tool under the supervision of a responsible adult, such as a parent or legal guardian. This tool is intended as a self-help resource.