

Daily Dragon Slayer Journal	Date	Glasses of H2O	AM Meds	Time:	List Meds Below
		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Check Box ☐		
Breakfast-->			Exercise: ☐	Amt/Type->	
Snacks & Juices --->			Noon Meds	Time:	List Meds Below
Notes --->			Check Box ☐		
Lunch --->			Exercise: ☐	Amt/Type->	
Snacks & Juices --->			PM Meds	Time:	List Meds Below
Notes -->			Check Box ☐		
Dinner->			More Notes →		
Water & Juices --->			Mood 1-10		
Notes -->					

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