

Today's Date

My Mood  


The Weather  


My goals

Thoughts from practice

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Adapt to Pain  


My Fuel

Breakfast \_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

Positively Speaking  
*(something nice my coach or teammate said or an inspirational quote)*