



THE  
VILLAGE CLINIC







be healthy. be happy. just be.

## 3 Days in My Life

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**\*As you exercise and create connection in your day, please make note of them throughout the schedule\***

	Day 1	Day 2	Day 3
<b>Wake up time</b> Note sleep quality/duration 			
<b>Intention for the day</b> 			
<b>Breakfast</b> Include: food, condiments, drinks, snacks, etc 			
<b>Lunch</b> Include: food, condiments, drinks, snacks, etc 			
<b>Dinner</b> Include: food, condiments, drinks, snacks, etc 			
<b>Time to bed</b> List your routine 			

## Additional Information

Please make note of all the areas that are applicable to your day

	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>
<b>Stress level</b> Low/medium/high Were there any triggers today?			
<b>Screentime</b> phone/gaming/computer  (separate school time from personal time)  List which apps you spend the most time on			
<b>Work</b> How many hours per day Did you enjoy it?			
<b>Emotional and Mental Wellness</b> What did you do for yourself today and for how long			
<b>Kindness</b> What did you do for others today			
<b>Connections</b> Who did you connect with today, was it in a positive or negative way			
<b>Relationships</b> How did you feel today towards your parents, siblings, friends, significant other			
<b>Score your day</b> Happiness ?/10 Mental Wellness ?/10 Average Energy ?/10			