

**DAILY REVIEW SHEET**

Write down your daily intake of food an fluid, and review using the cues down the side

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| Breakfast | **Simple Score Review**  Overall  Sleep  Stress  Performance  Fluid  Organisation | /10  /10  /10  /10  /10  /10 |
| Snack |
| Lunch | **3 Key Improvements:**   1. **…** | |
| Snack |
| Dinner |
| Snack | **Today’s Wins:** | |
| Exercise |