



DAILY REVIEW SHEET

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

Breakfast	<p>Simple Score Review</p> <p>Overall /10</p> <p>Sleep /10</p> <p>Stress /10</p> <p>Performance /10</p> <p>Fluid /10</p> <p>Organisation /10</p>
Snack	
Lunch	<p>3 Key Improvements:</p> <p>1.</p>
Snack	<p>2.</p>
Dinner	<p>3.</p>
Snack	<p>Today's Wins:</p>
Exercise	