

REAL LIFE MANAGEMENTSM | 91 DAY PERSONAL LOG

Date: _____

Personal 91 Day Game Plan For: _____

My 91 Day Goal Is: _____

91 Days

Month: _____

The Issue I am Working On For 91 Days

Day	Day	Circle One ▶ Health • Money • Relationships	Water	Fruits / Veg	Vitamins	My emotions at the end of the day			
Counter	Date	Log ▶ What I ate or bought or did to build the relationship	How Much?	Yes / No	Yes / No	Yes / No	Example: Tired, Depressed, Happy, Encouraged		
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