California Cadet Corps Personal Wellness Journal

Cadet Name _____

Week of _____ to _____

| | Morning Meal | Afternoon Meal | Evening Meal | Snacks | Fitness Activities | Hours Sleep |
|-----------|--------------|----------------|---------------------|--------|---------------------------|----------------|
| Sunday | | | | | | |
| | | | | | | |
| Monday | | | | | | |
| | | | | | | |
| Tuesday | | | | | | |
| | | | | | | |
| Wednesday | | | | | | |
| | | | | | | |
| Thursday | | | | | | |
| | | | | | | |
| Friday | | | | | | |
| | | | | | | |
| Saturday | | | | | | |
| | | | | | | |