

DATE.

MONDAY.

TUESDAY.

WEDNESDAY.

WE CAN DO

anything

WE WANT TO IF WE
STICK TO IT LONG
ENOUGH.

Helen Keller

THURSDAY.

FRIDAY.

SATURDAY.

SUNDAY.

MY MOOD IS.



1



2



3



4



5

MY APPETITE IS.



1



2



3



4



5

DATE.

MONDAY.

TUESDAY.

WEDNESDAY.

BELIEVE IN

yourself

AND ALL THAT YOU ARE.

KNOW THAT THERE IS SOMETHING
INSIDE OF YOU THAT IS GREATER
THAN ANY OBSTACLE.

Christian D. Larson

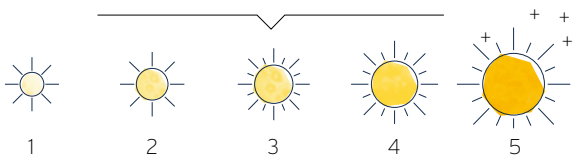
THURSDAY.

FRIDAY.

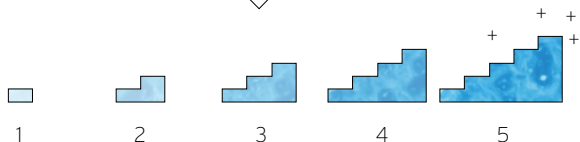
SATURDAY.

SUNDAY.

MY LEVEL OF POSITIVITY IS.



I FEEL ENERGETIC ENOUGH TO.



DATE.

MONDAY.

TUESDAY.

WEDNESDAY.

IF YOU CAN'T FLY THEN RUN,
IF YOU CAN'T RUN THEN WALK,
IF YOU CAN'T WALK THEN CRAWL,
BUT WHATEVER YOU DO YOU HAVE TO

keep moving
FORWARD.

Martin Luther King Jr.

THURSDAY.

FRIDAY.

SATURDAY.

SUNDAY.

I FEEL OPTIMISTIC.



1



2



3



4



5

I FEEL PHYSICALLY STRONG.



1



2



3



4



5

DATE.

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TUESDAY.

WEDNESDAY.

COURAGE DOES NOT ALWAYS ROAR.
SOMETIMES COURAGE IS THE

quiet

VOICE AT THE END
OF THE DAY SAYING,
'I WILL TRY AGAIN TOMORROW.'

Mary Anne Radmacher

THURSDAY.

FRIDAY.

SATURDAY.

SUNDAY.

I FEEL MY MENTAL FOCUS IS.



1



2



3



4



5

MY QUALITY OF SLEEP IS.



1



2



3



4



5

LET'S REFLECT ON THE LAST FOUR WEEKS.

HOW WOULD I RATE THE FOLLOWING NOW?

| | not so well | | | | great |
|------------------------------------|-------------|---|---|---|-------|
| My mood was... | 1 | 2 | 3 | 4 | 5 |
| My level of energy was... | 1 | 2 | 3 | 4 | 5 |
| My level of optimism was... | 1 | 2 | 3 | 4 | 5 |
| My mental focus was... | 1 | 2 | 3 | 4 | 5 |
| My appetite was.... | 1 | 2 | 3 | 4 | 5 |
| My level of activity was... | 1 | 2 | 3 | 4 | 5 |
| I felt my physical strength was... | 1 | 2 | 3 | 4 | 5 |
| My sleep was... | 1 | 2 | 3 | 4 | 5 |

Questions/topics for my next visit to the physician/dietician.

My current weight.

What lifted me up.

What dragged me down.

My NEXT FOUR WEEKS.

Over the next four weeks, I want to try out new dishes...

(Find new recipes online and write them here)

DISCOVER
MORE

Recipes AT

www.chronic-kidney-disease.com/recipes

Over the next four weeks, I will...

(Name an activity you enjoy and you will make sure to do)

Over the next four weeks, I will connect with...

(Think of a person, group or friend who is worth connecting with)