

Your O₂ Life Journal

Name: _____

DATE:		ORAC TOTAL
Sleep:		
Exercise:		
Pampering:		
Fluid:	Green tea __ x 3,000 = _____ H2O with lemon __ x 400 = _____	
Breakfast: Time: HQ:		
Snack: Time: HQ:		
Lunch: Time: HQ:		
Snack: Time: HQ:		
Dinner: Time: HQ:		
ORAC TOTAL:		