

# 28 Days to Restore Your Gut

## Evening Reflection

A few minutes at the end of the day before you begin your nighttime wind-down routine can help set you up for rest and get you ready for an amazing day tomorrow!

Day:

### 1 How Did You Feel Today?

- Amazing
- Pretty Good
- Just Okay
- Could've Been Better
- Thankful Tomorrow is a New Day

### 2 Rate Your Overall:

- |          |                          |                          |                          |                          |                          |
|----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Energy   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Stress   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emotions | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Health   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### 3 Why Did You Feel this Way? Jot Down a Few Things that Contributed.

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### 4 List 3-5 Things for Which You're Thankful.

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