

# 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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