

# 5 Minute Athlete Journal

Today I Feel:



I'm grateful for:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Today's highlight:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Today's challenge:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What did I do for my goals today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thoughts and self-reflection

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_