



Improve your mood and think positively

Perform better during and outside of your sport

Help manage emotions and stress

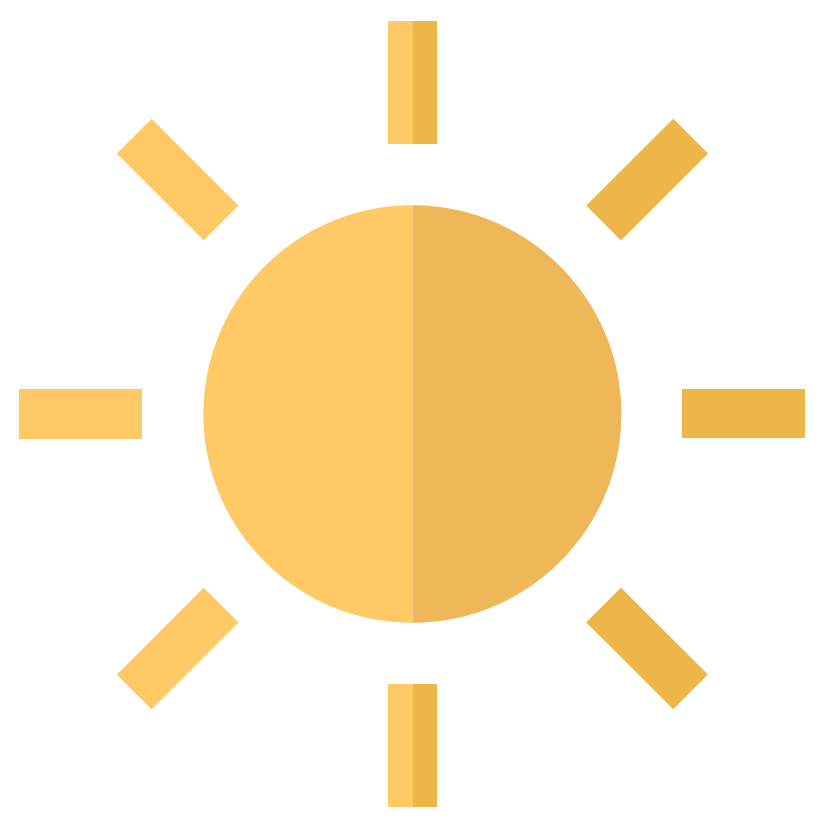
Benefits of journaling for athletes

Set goals and **track your progress**

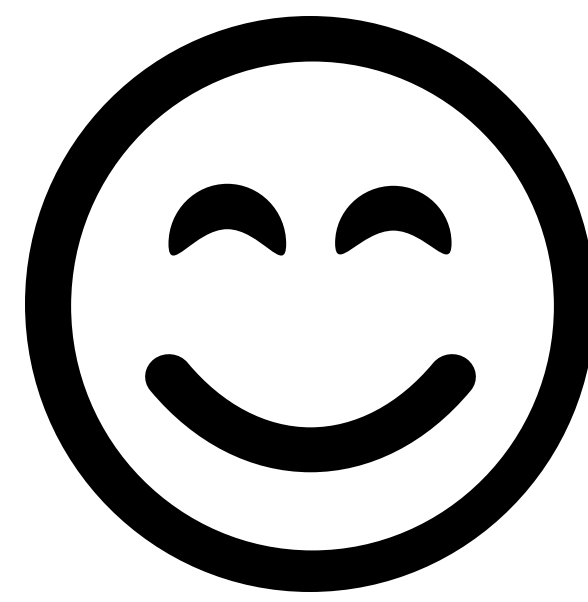
Connect better with yourself & your teammates

Improve your focus


The Daily Boost



**How am I
feeling
today?**



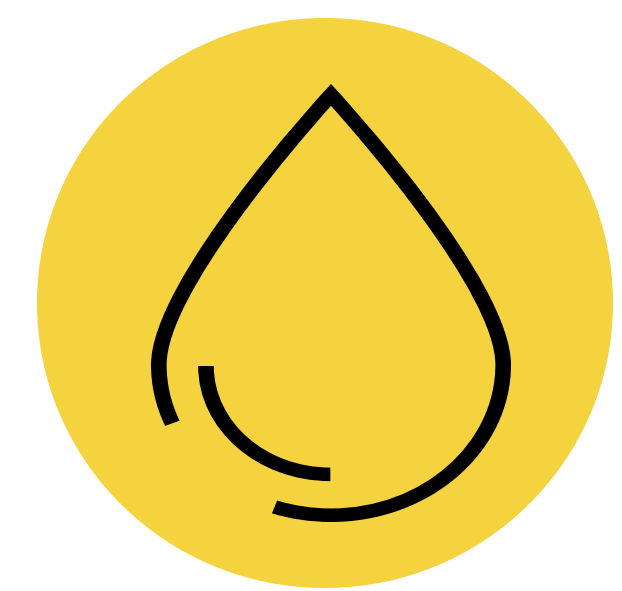
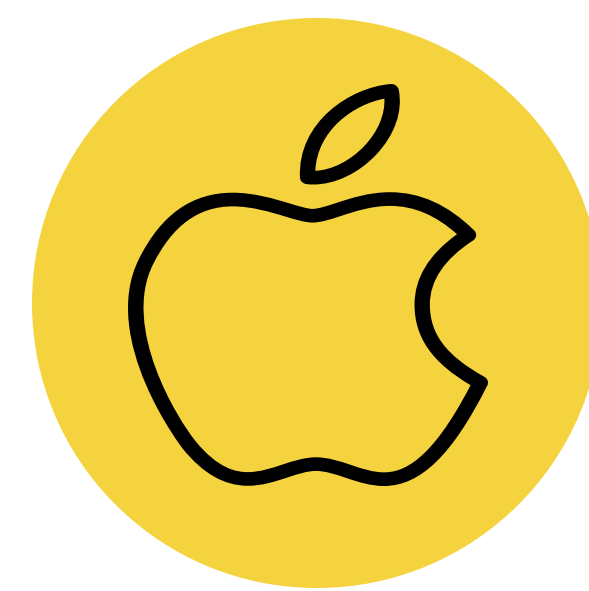
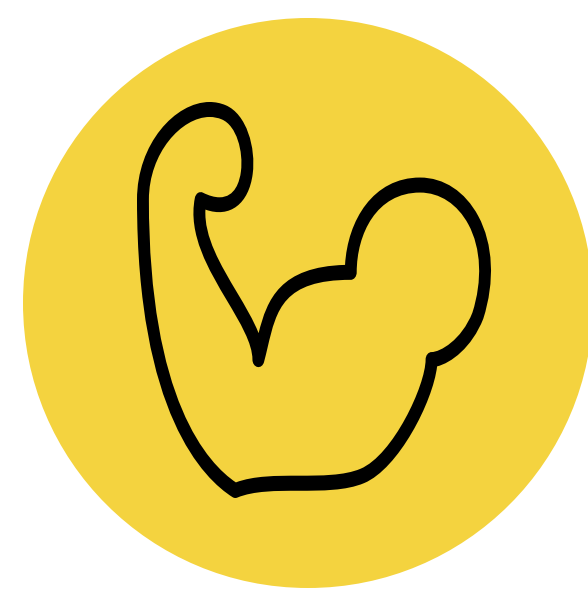
 I am grateful for:

 I AM:


 My goals for today:




**Fit 5
Checklist:**



 Best parts of my day?

 What challenged me today?

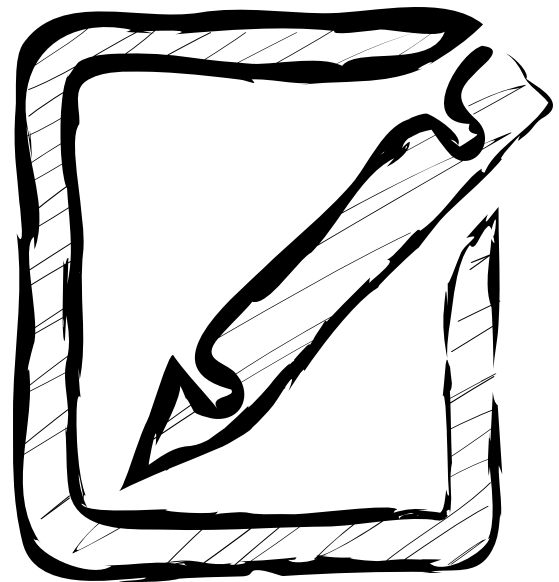
 Who am I sending love to?

7 Day Check-In Challenge

Special
Olympics
Ontario

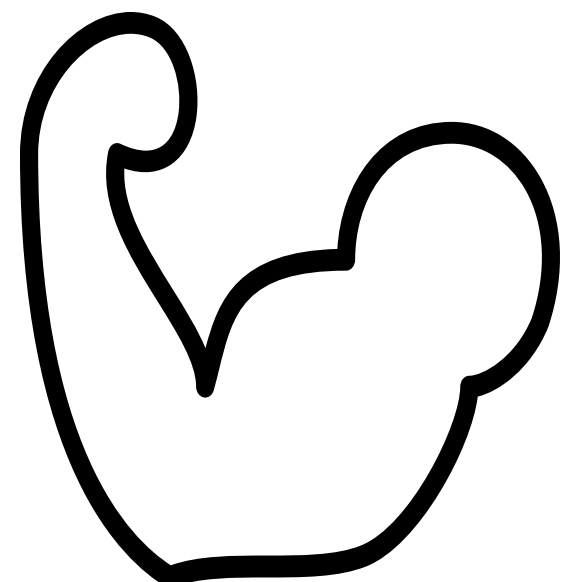


This week I journalled:



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mon	Tues	Wed	Thu	Fri	Sat	Sun

Fit 5 Check In:
Did I meet my fitness, hydration and fruit & veggie goals?



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

This Week I am proud of:

