

**Start Date:**

**Team Magic Log File**

**Name:**

<b>Weather Report (1-10 scale)</b>	<b>Mo</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fr</b>
Mind: Positivity thinking					
Body Physical tension					
<b>Activity you are performing</b>					
<b>Areas of physical tension</b>					
<b>Patterns you see</b>					

**What supports your positivity**