

My favourite bullet journal daily log includes a brain dump, mini meal planner, to do list and mini wellness 'tracker'. Read about how I use this daily log layout in [this post](#). Print out a copy of this template at 100%, onto A4 or Letter size paper. Keep a copy handy in your notebook, to save time when drawing up your own daily log.

The template is designed for a daily log and is divided into two main vertical sections by a central column of small circles, resembling a spiral binding.

- Left Section:**
 - Brain Dump:** A cloud-shaped area with the text "brain dump" inside.
 - FOOD:** A rectangular box with the word "FOOD" written inside.
- Right Section:**
 - TO DO:** A large rectangular area at the top with the text "TO DO" written inside.
 - happiness:** A section below the "TO DO" area featuring a circular gauge divided into eight equal segments, with the word "happiness" written above it.
 - Tracker:** A vertical stack of four small squares located below the happiness gauge.