WEEKLY JOURNAL

MOOD	MON	TUES	WEDS	THUR	FRI	SAT	SUN	
AM DAY 1 PM	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD	TOTAL
	Calories	Calories	Calories	Calories	Calories	Calories	Calories	
AM DAY 2 PM	WATER	WATER	WATER	WATER	WATER	WATER	WATER	TOTAL
AM DAY 3 PM	ml	ml	ml	ml	ml	ml	ml	
	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	TOTAL
AM DAY 4 PM	Mins Strength	Mins Strength	Mins Strength	Mins Strength	Mins Strength	Mins Strength	Mins Strength	
AM DAY 5 PM	Mins Aerobic	Mins Aerobic	Mins Aerobic	Mins Aerobic	Mins Aerobic	Mins Aerobic	Mins Aerobic	
AM DAY 6 PM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	TOTAL
	hrs	hrs	hrs	hrs	hrs	hrs	hrs	

I was in THRIVE mode when?

In this moment I felt like Superwoman because?

AM DAY 7 PM

Weekly reflection notes:

Measurements of Progress: