HOLISTIC JOURNAL

Mind. Body. Heart. Life

by Dr. Brooke Stuart

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THE YEAR

January 19
February 84
March 143
April 207
May 270
June 331
July 394
August 459
September 524
October 588
November 650
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INTRODUCTION

OVERVIEW & LAYOUT

This Holistic Journal is meant to help you connect the dots, daily. Here, you can plan your week, check in, set your daily intention, be creative in the free space, take time to evaluate your day and reflect. In the introductory pages that follow, we will go over:

- **The Weekly Schedule**
- **The Daily Checklist**
- **How To Set a Powerful Intention**
- **Heart Based Practice**
- **The Free Space**
- **The Diet & Lifestyle Evaluation**
- **The Reflection Section**
- **Let Go & Grow**

Once you have finished reading over the introduction, your next step will be to fill out the New Year Paperwork. Then, you can dive in!

THE MONTHLY SCHEDULE

The monthly schedule is your way to create the space you need to complete the priorities. I recommend that at the beginning of the year and each month you take time to think about when you will be able to complete the items on the daily checklist.

THE DAILY CHECKLIST

The daily checklist is a simple reminder and way to keep you on track. Simply, check the box when you are finished with each task and celebrate your daily accomplishments!

HOW TO SET A POWERFUL INTENTION

Intentions have the power to change the landscape of your choices and life experiences. They are magnetic in nature and have the power to propel you in the direction of your choice-which is why it is so important to learn how to harness your own power of intent. When setting an intention, I recommend focusing on a particular word or phrase. Each word holds its own meaning and focusing on one word or a unique combination of words can be very powerful.

Most people confuse setting an intention with goal setting, and the two, although related, are actually quite different.

Goals are more materialistic in nature and more susceptible to the ego's force, while an intention is what lies beneath the surface.

Because of this, it is easier to set an intention that aligns with who you are than it is to set a goal that is- because goals, although useful at times, can also trip you up. However, a true intention can help life work for and with you and lead you to experiences beyond comprehension.

Goal setting has its limitations and can also box you in, especially if you get caught up in expectation and attachment to the outcome.

So instead, I am going to challenge you to tune into what you actually desire, on a deeper level, so that more of what you truly want can enter into your life. For example, a goal could be to lose 20 lbs., while an intention could be to create health, have confidence and feel beautiful.

Can you see the difference?

While it is great to want to lose 20 lbs., it is much easier to do if you are clear on what lies beneath the surface, your intention.

For example, many people want to lose weight because they feel insecure or unlovable so they mistake weight loss for what they truly want which is love and security.

Which is why, in this program, we are not going to get caught up in the illusion. We are, however, going to reverse engineer it, break it down, extract the essence and use it as a clue or a series of clues and a valuable thread that can lead us to the truth of the matter and into powerful creation.

This is why it is so important to tune into what you desire, set an intention that aligns with it and then let go and release it into the universe.

Step 1: Tune in.
Step 2: Set an intention.
Step 3: Let Go.

Only when you let go and open up to what life has to offer, will your intention then be able to work for you in enchanted ways.

So now, I encourage you to take a moment to tune into what you desire for yourself and your life. Then, take a moment to get clear on the intention behind it.

Once you have your intention, set it, write it down and then, let go.

Remember that through your increased awareness and written creation, it is already here and already happening for and with you.

Finally, it's important to mention that your intention may change throughout the program or it may remain the same. Either way is perfectly okay. Stay intuitive and go with what works for you. Below are some ideas.

Intention Ideas				
Abundance	Confidence	Freedom	Joy	Serenity
Adventure	Connection	Grace	Light	Serendipity
Alignment	Courage	Gratitude	Love	Simplicity
Balance	Creativity	Growth	Motivation	Space
Beauty	Direction	Guidance	Passion	Strength
Being	Drive	Happiness	Peace	Sunshine
Brilliance	Empowerment	Harmony	Presence	Tranquility
Calm	Energy	Health	Productivity	Transformation
Change	Enjoyment	Inspiration	Prosperity	Truth
Clarity	Faith	Interest	Purpose	Vitality
Compassion	Focus	Intuition	Receptivity	Wholeness

Once you have acquainted yourself with these two exercises, it is time to officially adventure onto Let Go & Grow so that you can finally experience your own unique and everlasting transformation!

INTRODUCTION

The 5 Core Principles of Let Go & Grow
1. You are the creator of your reality
2. You have the power to choose
3. Challenges are opportunities for growth and development
4. When you get it, your body and life will begin to reflect it
5. Your entire life happens for you not to you

LET GO & GROW GUIDELINES

MIND
Be present and receptive
Choose to observe rather than judge
Exercise your power of choice
Embrace your feelings. Ask solution-oriented questions
Focus on what works, let go of what does not

HEART
Go within and connect to your heart
Notice when you expand and when you contract
Tune in and seek the essence
Cultivate gratitude and appreciate your experiences
Have compassion for yourself and others

BODY
Eat healthy, real food that works for your body
Move your body in a way that you enjoy
Make time to play, explore and be in nature
Take the time to process and reflect
Optimize your sleep for deep restoration

LIFE
Take ownership of your life
Release resistance for resilience
Check your intentions to empower your choices
Communicate clearly and directly
Enjoy the journey and focus on the process

HEART BASED PRACTICE

The Heart Based Practice is instrumental to the Let Go & Grow program as it provides the space to process, connect, reflect and increase awareness around your own individual journey and life experiences.

This is your opportunity to intentionally go within and connect, quiet the mind and tap into your heart.

It's important to mention that there is not a time limit on this exercise. I recommend that you do what works best for you, whether you choose to practice this exercise for 3 min. or 30 min., you will still reap the benefits. However, it is important to be consistent, committed, and above all, present- because like any practice, it won't work without you.

Here are the steps…

- **FOCUS:** First, focus on your heart by intentionally placing both hands over the center of your chest or directly over your heart. Choose to go within and feel your heart beat. Be the observer as you pay attention to the rhythm and feel what you actually feel.
- **BREATHE:** Once your focus is centered, slowly and deeply breathe into your heart, inhale and exhale from your heart.
- **EMBRACE & THANK:** Once you feel relaxed and present, it is time to embrace what is and thank it. Choose to appreciate this moment as you thank what is coming up and allow the waves of appreciation and gratitude to flow through, wash over and expand your entire life experience.
- **CULTIVATE:** Now that you have created a beautiful state of being, allow appreciation to work for you by expanding upon it. Summon your

intention and experience what you desire to create for your life. Hold this for a moment, and remind yourself that your intention and your creation is already here. It is already yours. Then, let go and allow this experience to propel you throughout the day.

- **AFFIRMATION:** ***"I choose to appreciate this moment!"***
  Finally, throughout the day, feel free to use this affirmation as a reminder to appreciate each moment and to immediately shift it. Appreciating each moment will remind you to be present and make the most out of your life experiences.

THE FREE SPACE

The Free Space is the place to work on your exercises, write down your affirmations, celebrate your wins, note your subtle changes and your realizations. This space is whatever you choose to make it. It can be sacred, fun, meaningful or silly. Feel free to be creative. I have seen people make mini vision boards, gratitude collages, ask questions, draw pictures, and more.

DIET & LIFESTYLE EVALUATION

The diet & lifestyle evaluation is the perfect opportunity to look at your diet and lifestyle objectively. Here you have a self-explanatory place to track your diet, movement, play, sleep, and relaxation.

In the mindfulness category, you can jot down any reflective practice you attended to or any stressors you encountered throughout the day.

The reflective practice may be from the program, like the heart based practice or it could be another practice you enjoy.

In the box dedicated to stressors, I encourage you to jot down anything moved or challenged you throughout the day whether it was traffic, an argument or a final exam.

Then we have the relationships category where you can jot down which relationships felt supportive and which ones didn't. Remember, especially here, in the non-supporting relationship and stressors box, to connect and observe rather than disconnect and judge.

These two boxes present the perfect opportunity to practice and apply what you will learn. Here, you can begin to look at these challenges as opportunities for growth and development and as clues that can lead to freedom, health and all of the other rewarding gifts.

Finally, we have the energy chart where you can track your energy throughout the day by drawing circles to rate your energy at 2 hr. intervals. Once you have done this, you can place a line through the circles to connect the dots.

The purpose of the energy chart is to figuratively and literally help you connect the dots between your choices and life experiences.

Before moving on, it is important to emphasize that this journal is a tool to help you observe and evaluate your patterns rather than judge them. It is easy to fall into the trap of making yourself feel bad for every sub par choice. Don't go there, opt out of this mindset, and look objectively at what works and what doesn't. Awareness is the purpose of this evaluation and the more you connect the easier it will be to change.

REFLECT ON

Finally you have the opportunity to reflect and answer two key questions. The purpose of this space is to align you with what is important and complete the day by coming full circle.

L ET GO & GROW

Finally, this is your space to increase awareness around what works and what does not.

In this section, you have the opportunity to release what doesn't work and embrace what does.

All you have to do is write down what you intend to release and clear under the "Let Go" column and what you are working to incorporate and embrace under the "Grow" column.

Throughout the program, you will notice that different realizations will enter and come to you- which is why I created a space for you to write down the issues you want to clear and the gifts you want to bring in.

Our Let Go & Grow affirmation is also located on this page. Anytime you feel stuck or caught up, I invite you to say this affirmation: "I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my heart and life now.

NEW YEAR PAPERWORK
FOCUS, PURPOSE & COMMITMENT

In your own words, what patterns would you like to address this year?

When did these patterns start?

How have these patterns affected you and your life? (ex: mental, emotional, physiological, relationships, social, sexual, recreational, occupational, etc.)

What have you done about these patterns so far? What has worked? What hasn't?

Now, before moving on, take a moment to place both hands over your heart and let these answers sink in. Through observation and without judgment, allow yourself to be with your feelings and past experiences.

Health and well-being are a balance of many factors that affect us in various ways. Please rate your experience using the scale below: 1 meaning extremely unsatisfied, 5 meaning average and 10 being extremely satisfied.

MENTAL HEALTH	1	2	3	4	5	6	7	8	9	10
EMOTIONAL HEALTH	1	2	3	4	5	6	7	8	9	10
SPIRITUAL HEALTH	1	2	3	4	5	6	7	8	9	10
SOCIAL HEALTH	1	2	3	4	5	6	7	8	9	10
PHYSICAL HEALTH	1	2	3	4	5	6	7	8	9	10
SEXUAL HEALTH	1	2	3	4	5	6	7	8	9	10
FINANCIAL HEALTH	1	2	3	4	5	6	7	8	9	10
OCCUPATIONAL HEALTH	1	2	3	4	5	6	7	8	9	10

If you had a magic wand and could transform any 3 things related to your body, mind or life, what would they be?

1._____

2.

3._____

What would you need to let go to make these 3 things happen?

What patterns could you incorporate to make these 3 things happen?

Now, take a moment to envision and paint a clear picture of what your life experience would look and feel like if you made these changes.

Now, let these answers sink into your heart and being. Remember this picture and how you feel in this moment. Allow this creation to guide you, knowing it can always be found within you. **This experience is yours, and this journey is for you.**

On a scale from 1-10 how committed are you to this journey?

NOT COMMITTED 1 2 3 4 5 6 7 8 9 10 **VERY COMMITTED**

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

DAILY CHECKLIST

- ☐ Intention
- ☐ Guidelines
- ☐ Priorities
- ☐ Heart Based Practice
- ☐ Evaluation

INTENTION

FREE SPACE

Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, and/or realizations. This space is yours.

EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

_____

_____

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Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

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Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

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REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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- ☐ Intention
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EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
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LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

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MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

February 18

DAILY CHECKLIST

- ☐ Intention
- ☐ Guidelines
- ☐ Priorities
- ☐ Heart Based Practice
- ☐ Evaluation

INTENTION

FREE SPACE

Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, and/or realizations. This space is yours.

EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
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MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
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Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
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Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
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Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

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OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

February 25

DAILY CHECKLIST

- ☐ Intention
- ☐ Guidelines
- ☐ Priorities
- ☐ Heart Based Practice
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FREE SPACE

Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, and/or realizations. This space is yours.

EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
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EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
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Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

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HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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- ☐ Guidelines
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EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
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P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, and/or realizations. This space is yours.

EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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- ☐ Guidelines
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FREE SPACE

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EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
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Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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DAILY CHECKLIST

- ☐ Intention
- ☐ Guidelines
- ☐ Priorities
- ☐ Heart Based Practice
- ☐ Evaluation

INTENTION

FREE SPACE

Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, and/or realizations. This space is yours.

EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

DAILY CHECKLIST

- ☐ Intention
- ☐ Guidelines
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FREE SPACE

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EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
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Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

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EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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INTENTION

FREE SPACE

Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, and/or realizations. This space is yours.

EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

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REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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- ☐ Guidelines
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FREE SPACE

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EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
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P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, and/or realizations. This space is yours.

EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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- ☐ Guidelines
- ☐ Priorities
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FREE SPACE

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EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
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MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
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Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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DAILY CHECKLIST

- ☐ Intention
- ☐ Guidelines
- ☐ Priorities
- ☐ Heart Based Practice
- ☐ Evaluation

INTENTION

FREE SPACE

Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, and/or realizations. This space is yours.

EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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- ☐ Intention
- ☐ Guidelines
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INTENTION

FREE SPACE

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EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
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Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

DAILY CHECKLIST

- ☐ Intention
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EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
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Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

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September 8

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- ☐ Evaluation

INTENTION

FREE SPACE

Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, and/or realizations. This space is yours.

EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

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STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

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OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

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LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

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FREE SPACE

Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, and/or realizations. This space is yours.

EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

DAILY CHECKLIST

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Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

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LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

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DAILY CHECKLIST

- ☐ Intention
- ☐ Guidelines
- ☐ Priorities
- ☐ Heart Based Practice
- ☐ Evaluation

INTENTION

FREE SPACE

Take a moment to review your day, to just be creative or to write down today's noteworthy happenings: your wins, subtle changes, and/or realizations. This space is yours.

EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.

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Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

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REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
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MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
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Notes, questions, thoughts, etc.

DAILY CHECKLIST

- ☐ Intention
- ☐ Guidelines
- ☐ Priorities
- ☐ Heart Based Practice
- ☐ Evaluation

INTENTION

FREE SPACE

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EVENT	TIME	FOOD & DRINK INTAKE	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS
Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Evening			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C

P: Proteins **F:** Fats **C:** Carbohydrates **R:** Red **O:** Orange **Y:** Yellow **G:** Green **B/P/BL:** Blue/Purple/Black **W/T/B:** White/Tan/Brown

ENERGY LEVEL	12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm
EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

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EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP	

MINDFULNESS	RELATIONSHIPS	MOVEMENT & PLAY	SLEEP & RELAXATION
REFLECTIVE PRACTICE	**SUPPORTING**	**MOVEMENT** Type/Amount:	**SLEEP** Quantity_____(hours) ☐ POOR ☐ FAIR ☐ GOOD
STRESSORS	**NON-SUPPORTING**	**PLAY** ☐ YES ☐ NO Type/Amount:	**RELAXATION** Type/Amount:

REFLECT

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Notes, questions, thoughts, etc.

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DAILY CHECKLIST

- ☐ Intention
- ☐ Guidelines
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FREE SPACE

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Morning			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Breakfast			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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Lunch			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Snack			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
Dinner			☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR _____P _____F _____C
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LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

LET GO & GROW • LET GO & GROW •