



# HOLISTIC JOURNAL

Today: \_\_\_\_\_

## HEART BASED PRACTICE

This is your reminder to reconnect, reset, & remember who, what, and where you are.

## INTENTION

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## DAILY CHECKLIST

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Water

Record your water consumption, each drop represents one 16 oz glass.

TIME	FOOD/DRINK/SUPPLEMENTS	NUTRITION
	CALORIES	P _____ R O Y G B F _____ P Bl W T Br C _____
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<b>DAILY TOTALS</b>	CALORIES	NUTRITION P _____ F _____ C _____ R O Y G B P Bl W T Br

Macronutrients - P: Proteins F: Fats C: Carbohydrates  
Phytonutrients - R: Red O: Orange Y: Yellow G: Green B: Blue P: Purple Bl: Black W: White T: Tan Br: Brown

	12AM	2AM	4AM	6AM	8AM	12AM	12PM	2PM	4PM	6PM	8PM	10PM
ENERGY LEVEL	⋮	⋮	⋮	⋮	⋮	⋮	⋮	⋮	⋮	⋮	⋮	⋮

• Excessive • High • Moderate • Low • Asleep

## DIETARY NOTES

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

