

Weekly Journal: From Monday _____ to Sunday _____ (Week number: _____)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise activity (run/jog/walk/core/ glutes/arms/knees & ankles/other)							
Workout duration (total minutes achieved)							
Total steps							
Average resting heart rate (beats per minute)							
Sleep quality (duration last night & how rested you feel upon waking)							
Food diary (breakfast, lunch, dinner, snacks)							
Drink diary glasses of water cups of tea cups of coffee units of alcohol cans of drink juice other							
Screen time (minutes spent with TV, phone, laptop)							
Total time-out (minutes spent meditating, walking, exercising, reading, relaxing)							
How do I feel about today? (GREAT, good, average, looking forward to a better day tomorrow!)							
Additional notes							