



Day:.....

Date:.....

EAT

V1 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ FF ☐ ☐ ☐ ☐V2 ☐ ☐ ☐ ☐ HF ☐ ☐ ☐ ☐LP ☐ ☐ ☐ ☐ ☐ ☐

DO

Daily block schedule

Time

Activity

Breakfast:

On/Off
plan

Time:

A.M Snack:

On/Off
plan

Time:

Lunch:

On/Off
plan

Time:

Dinner:

On/Off
plan

Time:

P.M Snack

On/Off
plan

Time:

TODAY'S TASKS...

THE BIG THREE

Score

U x I = T

DRINK

Drink better: Sleep better

1. black: minimal impact on sleep efficiency
2. dark gray: proceed with caution
3. dark and light gray: will impact sleep efficiency

HYDRATION EQUATION

6a 7a 8a 9a 10a 11a 12p 1p 2p 3p 4p 5p 6p 7p 8p 9p 10p 11p 12a



..... (weight in lbs) / 2 = +

(.....) x 8 = +

(.....) x 8 = OZ

Circle the icons in each category to the left
to record your intake.



DO

Notes

MOVE



What did you do?
(Check your workout below.)



Strength log on page:.....

Activity:.....

How did you feel?



“

Our bodies are our
garden – our wills are
our gardeners.

– William Shakespeare ”

BIG WIN/THANKFUL SPACE

Gratitude

SLEEP

Time to bed:

Total hours:

Time to sleep:

Tracker data:

Time to wake:

Energy: 1 2 3 4 5 6 7 8 9 10 (1 = Lowest 10 = Highest)

Sleep boosters

Lights down:

Screen curfew:

Tomorrow's list:

Other: