

DATE:

Today's Nourishing Thought:

Time in bed: PM - AM

MORNING How do you feel?
Breakfast: How do you want to feel?

Intentional Action

AFTERNOON How do you feel?
Lunch: How do you want to feel?

Water goal: oz.



Coffee/Tea

EVENING How do you feel?
Dinner: How do you want to feel?

Supplements/Medication:

HEALTH - Circle Your Current Observations

Urine: Clear Light Yellow Bright Yellow Dark Yellow

Poop: Diarrhea Mushy/Soft Pellet Shape Solid/Smooth Solid/Bumpy Constipated

Phase of Cycle: Menstrual Follicular Ovulation Luteal Not Sure

Symptoms: Anxiety Insomnia Sadness Cravings Headache Fatigue Bloating
Forgetfulness Lack of Motivation

Phase of the Moon



You Time:

Movement:

Community YES / NO
Stillness YES / NO
Sex YES / NO
Alcohol YES / NO

GRATITUDE

- 1.
- 2.
- 3.

DATE: 2/8/20

this is an example

Today's Nourishing Thought:

Does this nourish my soul?

Intentional Action

Pause & breathe

Water goal: 60 oz.



Coffee/Tea

1 cup black coffee
2 cups hot tea (holy basil)

Supplements/Medication:

vitamin D
fish oil
turmeric

Time in bed: 10:30 PM - 7:00 AM

MORNING

Breakfast:

1 cup black coffee

How do you feel?

a little tired, running behind

How do you want to feel?

at ease, in flow,

AFTERNOON

Lunch:

quinoa salad,
pumpkin soup,
kale salad

How do you feel?

energized, focused

How do you want to feel?

at ease, in flow

EVENING

Dinner:

steak
kale salad
broccoli & cauliflower

How do you feel?

complete

How do you want to feel?

relaxed

HEALTH - Circle Your Current Observations

Urine: Clear Light Yellow Bright Yellow Dark Yellow

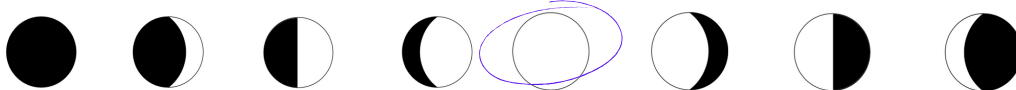
Poop: Diarrhea Pellet Shape Solid/Smooth Solid/Bumpy Constipated

Phase of Cycle: Menstrual Follicular Ovulation Luteal Not Sure

Symptoms: Anxiety Insomnia Sadness Cravings Headache Fatigue Bloating

Forgetfulness Lack of Motivation hard to focus in afternoon/brain fog

Phase of the Moon



You Time: Sit outside for 10 minutes. No phone. No distractions. Just be.

Movement: Spotify Playlist: Just Move
free dance, 15 minutes

Community YES/NO
Stillness YES/NO
Sex YES/NO
Alcohol YES/NO

GRATITUDE

1. Flowers blooming around the city
2. delicious dinner
3. clean drinking water