

## ***JOURNAL***

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### **FITNESS**

PHASE: \_\_\_\_\_ DAY: \_\_\_\_\_

### **FOOD INTAKE**

WATER: \_\_\_\_\_ OZ.

#### **MEALS:**

Breakfast: \_\_\_\_\_

Shakeology® or other: \_\_\_\_\_

Snack: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack: \_\_\_\_\_

Dinner: \_\_\_\_\_

### **MIND/BODY**

Have you noticed any change in how your body feels? (For example, do you have less muscle tension, greater ease of movement, or more strength?)

Has your posture improved? Do you notice that you stand up straighter? (Hint: track your height throughout the program and see if it changes.)

Do you have greater flexibility? Better balance?

Are there activities you can do now that you weren't previously able to do? Has your range of motion improved your ability to run, dance, play golf, etc.?

Do you breathe deeper? Has the quality of your sleep improved? Do you approach life more calmly?