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## A few important things to note:

- 1.) You do not have to fill out every square for every day. Do your best. There are no right or wrongs. I just want you to get used to noticing certain things
- 2.) If you aren't sure how to answer these or if they are happening to you, ask your spouse, friend, or roommate! I bet they have an idea!

Example	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep (hrs)	7	8	6.5 + 20 min nap	7	7+20 min nap	6.5	8
Water (oz)	55	72	70	64	58	72	80
Spiritual / Reflection Time (yes/no, what)	church	quiet times done, but didn't pray much	no quiet times, a few worship songs in car	quiet times, started day with prayer	quiet times, started day with prayer	no quiet times or prayer	worship music while cleaning house
Exercise (what & how long)	none	full body lift, hill intervals	45 min pilates	full body lift, 20 min run	45 min pilates, 25 min ellipt	nothing	full body lift, 15 min bike
Cravings (times, situations)	none	8:30pm, watching NCIS	1:00, writing blog post	none	10am, ??	10am, 9pm, ?? and tv	none
Additional Notes: (self image, confidence, hormones, stress level)	n/a	lousy workout, monday morn rush got me behind all day	blog deadline stress, 4 days before period start, exhausted,	n/a	good confidence day, nice workout	exhausted, couldn't get full today	period start. good day overall even with sick kid

## Explanations:

**Sleep:** How many hours of sleep were you running on that day?

**Water:** How many ounces did you drink?

**Spiritual/Reflection Time:** Did you take any time to read your bible and/or other devotional material? Did you take time to pray? Listen to worship music? Reflect?

**Exercise:** What did you do and how long did you do it?

**Cravings:** When do you remember having them? What times? After what events? During what events?

**Additional Notes** (self image, confidence, stress level, hormones): Note anything on how you felt about yourself that day. Was it a rough day with the comparison trap?

Where are you in your menstrual cycle and how has that affected the day? Any stress and how did you react?