

EAT
MOVE
LIVE **365**
ENERGIZE

GOALS

MONTH & YEAR

POSITIVE HABITS
AND ACTIONS

WHAT'S MY WHY?

HOW WILL I KNOW
I'M CLOSER TO MY GOALS?

*"The energy of the mind
is the essence of life
- Aristotle*

Rate Your Symptom 1-10 on the 1st & 15th

SYMPTOM TRACKER

- _____
- _____
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SYMPTOMS

Sleep quality	Anxiety	Low libido
Mood	Depression	Immunity
Physical energy	Headache	Stress
Mental focus	Migraine	Insomnia
Digestion	Lack of focus	Edema
Runny nose	Procrastination	Food sensitivity
Headaches	Mood swings	Allergic reactions
Skin quality	Fatigue	Hives
Fatigue	Endurance	Seasonal allergies
Weight up	Constipation	Low energy
Weight down	Diarrhea	Mental fatigue
Joint pain	Chest pain	Physical fatigue
Muscle cramps	Shortness of breath	Burnout
Itchiness	Thirst	Back pain
Dry skin	Interrupted sleep	Neck pain
Hair loss	Tired in the morning	Foot pain
Brittle nails	Blood sugar lows	Return of chronic condition
Weight gain	Blood sugar highs	Respiratory problems
Weight loss	Hangry	Anger outbursts
Water retention	Hot	Oily skin
PMS	Cold	Acne
Gas	Frequent urination	Pelvic pain
Bloating	Holding your pee	Eye strain
Abdominal pain		
Red eyes		