

DIET & LIFESTYLE DIARY

Below is an example daily sleep & lifestyle diary that you can complete for a recommended time frame 12-15 days. This will help you build a report to identify specific lifestyle elements that may also need to be improved to maximize the results. The more detail you include, the better the report, the better your results.

DATE:

- How have you felt overall today?

- What time did you go to bed last night?

- What were you doing for the last few hours before bed?
These things either helped your mindset or hurt it...

- How was the quality of your sleep?

- How did you feel this morning & throughout the day?

- What time did you wake up today?



- Did you exercise as intended today?

- Did you stay within 10% of your current daily calorie target?

- On a scale of 1-10 (1 being bad and 10 being great) - how stressed were you today? And what caused the stress...

- What beliefs and thoughts served you today?

- What thoughts and beliefs didn't serve you today?

- Are the thoughts that didn't serve you actually true? How confident are you that that judgement or assumption is accurate...