

EATING WELL

SUPPLEMENTS: Probiotics, Vitamin D, multivitamin

BREAKFAST: Shake (spinach, blueberries, protein)

LUNCH: Large salad, rice, sweet potato

DINNER: Quinoa burger (2), salad

SNACKS: Almond butter fudge ALCOHOL: None

EXERCISE

ACTIVITY: Cycling INTENSITY: Hard

TIME: 2 hrs 15 minutes DISTANCE: 58 km

DESCRIPTION: Did Rosseau Loop, went hard, felt good

SLEEP

HOURS: 7.5 hours QUALITY: Good

MINDFULNESS

STRESS REDUCTION: Deep-breathing exercises

REFLECTION

HOW DID YOU DO?

AMAZING

SATISFACTORY

UNSATISFACTORY

GOALS FOR TOMORROW: Cut down coffee to 2 cups,

8 hours sleep

The Wheels of Health Daily Log DATE: / /

EATING WELL

SUPPLEMENTS: _____

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____ ALCOHOL: _____

EXERCISE

ACTIVITY: _____ INTENSITY: _____

TIME: _____ DISTANCE: _____

DESCRIPTION: _____

SLEEP

HOURS: _____ QUALITY: _____

MINDFULNESS

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REFLECTION

HOW DID YOU DO?

AMAZING

SATISFACTORY

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GOALS FOR TOMORROW: _____

