



FRESH IS HEALTHY

DATE

/ /

FOCUS

Live with purpose + always choose the positive perspective

To-Do	Today's Summary
<input type="checkbox"/>	
<input type="checkbox"/>	What Good Happened
<input type="checkbox"/>	
<input type="checkbox"/>	What Could Improve
<input type="checkbox"/>	

REST

6-8 hours of uninterrupted sleep with a consistent wake time

Bed Time		<input type="checkbox"/> No cell phone use within 30-minutes before sleep
Woke		<input type="checkbox"/> 10-minutes of bright light within 1-hour of waking
Total Hrs		<input type="checkbox"/> No coffee until after exercising •or• awake ≥1-hour

EXERT

30-60 minutes of consistent movement 5-6 days per week

	Minutes	Description		<input type="checkbox"/> Took multivitamin
Cardio				<input type="checkbox"/> 20-min sun on skin
Strength				<input type="checkbox"/> Stood once an hour
Stretch				

SUSTAIN

Calories based on lifestyle: 50% Carbs and 50% Protein + Fat

	Time	Description		Calories	Carbs / Protein / Fats
Breakfast					/ /
Lunch					/ /
Dinner					/ /
Snacks					/ /
Notes				Total	/ /

HYDRATE

20-oz water every 3-hrs awake, avoid sugars, control alcohol

6a - 9a		9a - 12p		<input type="checkbox"/> Avoided sugary sodas / juices
12p - 3p		3p - 6p		<input type="checkbox"/> Avoided alcohol altogether
6p - 9p		Total Oz		Notes



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