



FRESH IS HEALTHY

DATE

/ /

FOCUS

Live with purpose + always choose the positive perspective

To-Do	Today's Summary
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<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 <input type="checkbox"/> 10-minutes of bright light within 1-hour of waking <input type="checkbox"/> No coffee until after exercising •or• awake ≥1-hour
Woke			
Total Hrs			

EXERT

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

	Minutes	Description		<input type="checkbox"/> Took multivitamin <input type="checkbox"/> 20-min sun on skin <input type="checkbox"/> Stood once an hour
Cardio				
Strength				
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 <input type="checkbox"/> Avoided alcohol altogether
12p - 3p		3p - 6p			
6p - 9p		Total Oz			
				Notes	



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