



FRESH IS HEALTHY

DATE

/ /

FOCUS

Live with purpose + always choose the positive perspective

To-Do	Today's Summary
☐	
☐	
☐	
☐	
☐	What Good Happened
☐	
☐	What Could Improve
☐	

REST

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

Bed Time			☐ No cell phone use within 30-minutes before sleep ☐ 10-minutes of bright light within 1-hour of waking ☐ 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		☐ Took multivitamin ☐ 20-min sun on skin ☐ 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			☐ Avoided sugary sodas / juices ☐ Avoided alcohol altogether
12p - 3p		3p - 6p			
6p - 9p		Total Oz			
				Notes	



HYDRATE

Source

"I am always learning that which I cannot do, in order that I may learn how to do it." - Picasso

[illegible]