

Daily Checklist and Success Log

You get what you focus on and what you focus on expands. If you focus on health you'll get more of it. You can't improve what you don't measure. Studies have shown that just the simple act of recording exercise and food choices instantly and significantly results in better choices. If you track your progress you'll focus on what you're doing right, catch anything you may be missing, re-evaluate your results, make corrections and monitor your improvements. Your health will improve. It "proves" to your mind that you can do it and it builds confidence and self-trust.

Today's Focus and Goal _____

Nutrition

	Breakfast	Mid-Morning Snack	Lunch	Mid-day Snack	Dinner	Evening Snack
Time						
What was eaten						
Fluids						
Location						
Feelings/mood/energy						
Bowel movement						
Comments						

Did I drink 8+ glasses of good quality water today? Y/N

Did I eat breakfast today? Y/N Why or why not?

Did I eat 5-6 meals today? Y/N

Did I have mixed meals of protein, carbohydrate and fats? Y/N

Did I focus on quality foods? Y/N

Did I choose the low GI carbohydrates? Y/N

Did I eat a good amount of phytonutrient rich foods like vegetables, fruits, berries, herbs (vegetables 5 plus servings, fruits 4 plus servings)? Y/N

Did I consume health essential fats such as flax, olive and fish oils? Y/N

Did I take a high quality multi-vitamin today? Y/N

Did I consume any stimulants today (alcohol, coffee, tea, soft drinks, cigarettes, sweets, etc.)? Y/N

Relaxation and rest

Did I make time to relax for 20+ minutes today? Y/N

Was I able to get out into nature and natural light? Y/N

How many hours sleep did I get? _____

Did I have a restful and recharging sleep last night? Y/N

How was I creative today? _____

What did I do for fun and joy today? _____

Daily gratification

How was my mood/energy/state of mind today? _____

What one good thing happened today? _____

What one thing did I learn today? _____

What one thing am I grateful or thankful for today? _____

What do I feel truly grateful for in my life today? _____

Did anything really special happen today? _____

What did I do to build my social connections to family and friends today? _____

Who would I like to connect with tomorrow? _____

Movement and exercise

Movement and Exercise			
	Cardiovascular	Muscle Conditioning	Stretching/flexibility
Time			
Type			
Intensity			
Mood			

Did I fulfill my movement or exercise goal? Y/N

What could I do to make my exercise more fun and joyful? _____

Is there any task or chore I can do with out taking the car? _____

Goals

Did I complete or achieve my daily goal? Y/N

What was my major accomplishment(s) today? _____

Did I celebrate any wins today? Y/N What were they for? _____

What do I feel really good about today? _____

What did I make good progress towards today? _____

What do I plan to focus on tomorrow? _____

How would I rate my mood or attitude? _____

What can I do to make tomorrow even better than today? _____

What can I do to have more fun tomorrow? _____