

WEEK

FROM — TO

SESSIONS THIS WEEK

CYCLE



HOW IT WENT

COMPARED TO WHAT I EXPECTED

☐ Better    ☐ About the same    ☐ Harder

ENERGY LEVEL THIS WEEK (CIRCLE ONE)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

WHAT WAS HARDEST

WHAT WORKED BEST



MY BODY

MOVEMENT

FOOD & APPETITE

SLEEP

OTHER NOTES



WHAT MATTERED

MOMENT OF THE WEEK

SOMETHING THAT SURPRISED ME

PEOPLE WHO SHOWED UP



LOOKING AHEAD

SOMETHING I'D LIKE TO DO

TO TELL THE DOCTOR NEXT TIME

WEEK

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