

DATE: _____

TIME OF DAY AND ACTIVITY	FOOD	ENERGY AFTER EATING	BRAIN FOG, MEMORY, FOCUS, MOOD	OTHER SYMPTOMS AND NOTES

- SLEEP (7-8 HOURS)
- MINDFULNESS PRACTICE (10 MIN+)
- COMMUNITY CONNECTION
- HYDRATION (1/2 BODY WT IN OZ)
- MOVEMENT (WHAT AND HOW LONG)

DATE: _____