

from Burnout to Bliss



# Wellness Journal

Date	Food/Drinks	Change in Supplements/ RX	Mood/Energy/ Sleep/ cravings	Day of cycle	Exercise
11/5	accurate list of what I ate and drank	All	11-8	28	90 minutes yoga
11/6	accurate list of what I ate and drank	skipped allergy RX	12-8	1	None
11/7	accurate list of what I ate and drank	All + oil pull	12-9 feel a bit anxious, walk helped	2	Hour walk
11/8	accurate list of what I ate and drank	All + Advil	12:30-9:30	3	90 minutes yoga

Print out 2 pages/month (women may want to add "cycle" in the other category)

