



Date: \_\_\_\_\_

Wake Up Time	Resting Body Temperature Morning	Resting Body Temperature Mid-Afternoon	Quality of Sleep 1-terrible 10-amazing	Bedtime

Time	Satiety 1-Not Hungry 10- Starving	Energy 1-Sluggish 10-Hyper	Emotions 1-depressed 2-irritable	Focus 1-Foggy 10-Scattered	Digestion (G)Gas, (B)urps, (C)onstipated, (D)iarrrhea

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