Fatigue Be Gone * Daily Food and Activity Log

Notice and Note: Wake Up Time/Nap Time/Bed Time * Meal Times and foods consumed * Times of the day you feel most energized and most tired * Moods * Anything else going on? * Laughing, Fighting, Exercising, Worrying, Playing, Made a new friend, Volunteering, Special relaxation time, Wins, Something fun, Good News/Bad News, T.V. Time, Volunteer Time …

Recommendation: *For this log to be nominally useful it is recommended that you maintain it for* ***at least one week prior to your annual physical*** or anytime you need to check in and clear out fatigue and discomfort. An extended 21-day log is encouraged as a healthy-habit building tool.

Date/Time	Food/Beverage/Activity	Observations

Date/Time	Food/Beverage/Activity	Observations

Other Observations: 3 Accomplishments for the day. What is working, what isn't?

To order the Fatigue Be Gone Jumpstart e-Guide click here:
http://www.FatigueBeGone.com/clickbank.htm

© 2010 Viveca Stone-Berry * All Rights Reserved