

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ENERGY, MOOD & OVERALL							
I slept....							
I woke feeling...							
During the day I felt...							
In the evening I was...							
FOOD							
Breakfast							
Lunch							
Dinner							
Snacks							
SUPPLEMENTS							
Per current Treatment Plan Y/N. Other supps or medication taken?							
FEELING OF PRESSURE + STRESS							
Scale of 1-10							
Notes/Comments							
MINDSET + PARASYMPATHETIC ACTIVATION							
I tried mindset work today?							
I practiced relaxation/meditation /breathing/flow/play/other?							
MOVEMENT							
Movement or exercise today...							
CYCLE							
Week 1, 2, 3, 4, 5 +*							
Body signs and symptoms							
MY SYMPTOMS H/M/L or Y/N							

*Cycle - Week 1 is bleeding

H/M/L = High/Medium/Low

Stress Scale 1 = Very low. 10 = Highest it could be

At the end of the week review this sheet. Highlight anything important or of note, to mention to your healthcare team.

Look over last weeks tracker. Overall is this week better, worse, changing?