

BODY BUDGET TRACKER

1. Please rate the following on a scale of 1 - 5, with 5 being the highest, and 1 being the lowest:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Mood							
Energy							
Focus							
Motivation							
Stress/ Anxiety							
Diet							
Digestion							
Exercise							
Sleep							

2. Anything else that could have affected the quality of your day (unexpected event, unusually heavy work day, particularly stressful time, etc.)?

3. What have you learned from tracking your body budget?

4. Going forward, what might you keep the same?

5. What might you do differently next week?