

Track How You Feel As You Begin Navigating The New Normal

Use this chart to track your weekly State of Being by entering a score between 1-10 (with 10 being the highest) to reflect how you feel at the end of each week in each category. Consider how you feel physically and emotionally.

Commit to this free on-line program to emerge recharged and re-energized. The program is designed to achieve positive lifestyle changes with lasting results.

STATE OF BEING	PHASE 1				PHASE 2				PHASE 3			
	Week 1 Score (1-10)	Week 2 Score (1-10)	Week 3 Score (1-10)	Week 4 Score (1-10)	Week 1 Score (1-10)	Week 2 Score (1-10)	Week 3 Score (1-10)	Week 4 Score (1-10)	Week 1 Score (1-10)	Week 2 Score (1-10)	Week 3 Score (1-10)	Week 4 Score (1-10)
Confidence in the way you care for yourself												
Self Love												
Vitality												
Energy												
Nourishment quotient												
Positivity												
Listens to Body messages and honors them												