

Daily Tracker

Week Starting _____

Height _____ Weight _____ Waist _____ Hips _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Intentions:							
Grateful for:							
Cheer word:							
Connected with:							
Oxytocin activity:							
** Joyful							
**Content							
**Energetic							
**Productive							
**Friendly							
**Focused							
**Body love							
Weight:							
Hours of sleep:							
pH:							
Ketones:							
Water intake:							
MM/B/ACV*:							
Bowel movement:							
Physical activity today:							
Why today was great:							

* MM = Mighty Maca Plus, B = baking soda, ACV = apple cider vinegar