

Date: \_\_\_\_\_

Sleep last night: \_\_\_\_\_ hours

### MORNING ANCHOR

Core Presence 4+ min

Extended Practice 15 min

Notes / Feeling: \_\_\_\_\_

### MOVEMENT

Type	Duration	RPE /10
Walk / Cardio	_____	_____
Weights	_____	_____
Yoga / Mobility	_____	_____
Other	_____	_____

### MEALS & JOY FOOD

	Veg/Fruit	Protein	Fats	Notes
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Snack / Joy Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

### HYDRATION

Water today: \_\_\_\_\_ L      Electrolyte added?     Yes     No

### HYPNOSIS / MEDITATION

Light Track (6 min)

Living Presence (27 min)

Inner Light (47 min)

Key insight: \_\_\_\_\_

### EVENING WIND-DOWN & REFLECTION

Herbal tea

Magnesium

3 slow breaths

One thing I am grateful for: \_\_\_\_\_

How did this day feel in my body? \_\_\_\_\_