

# The Pure Energy Program

## Food and Mood Tracker

Day Event	Food and Drink Intake (type/amount)	Physical/Emotional Observations
Rising Time: Hunger Level:		
Breakfast Time: Hunger Level:		
Snack Time: Hunger Level:		
Lunch Time: Hunger Level:		
Snack Time: Hunger Level:		
Dinner Time: Hunger Level:		

Snack Time: Hunger Level:		
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## Lifestyle Practices Tracker

Sleep	Exercise & Movement
Quantity: _____ hours	Type & Duration Aerobic _____ mins Strength _____ mins Flexibility _____ mins
Quality: Poor Fair Good	Intensity: Low Medium High

Restate your WHY and your Daily Intention:

Supporting Practices:

Comments/Conclusions:

## The Pure Energy Program

### Self-Care and Mindset Tracker

Stress	Relationships
Stress Reduction Practices:	Supporting:
Stressors:	Non-supporting:

Overall Conclusions: