

Month 2 Wellness Tracking (Weeks 5-8)

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Week 5 - Daily Tracking

Detox from Smoking

🎉 CONGRATULATIONS IF YOU STOPPED SMOKING BY THE END OF WEEK 4!!

But if you did not, you should quit this month by week 8!

Number of cigarettes smoked per day (Goal: 0):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
0	0	0	0	0	0	0

Detox from Alcohol

Recommended: Up to 1 routine alcoholic serving/day 4 times/week

Number of alcoholic drinks per day:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
0	0	0	0	0	0	0

Nutrition: Get Rid of Refined Sugar

🎯 Goal: Maximum 1 serving refined sugar dessert/week by Week 8 • Use healthy choices as per Chapters 4 and 5

Actual number of servings this week:

Nutrition: Get Rid of Fast Food

🎯 Goal: Maximum of 1 serving of fast food/week by Week 8 • Start using healthy choices (see Chapter 4 and 5 for swapping options)

Actual number of fast food servings this week:

Nutrition: Avoid Refined Grains

Start using healthy choices (see swaps in Chapter 5)

Actual refined grains consumption this week:

Daily Intake of Fruits and Vegetables

Number of servings per day:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
0	0	0	0	0	0	0

Nutrition: Avoid Unhealthy Drinks

🎯 Goal: Zero intake • Best to quit intake at once and use healthy options (see Chapters 4 and 5)

Unhealthy drinks consumption (daily):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
0	0	0	0	0	0	0

Daily water and other healthy drinks (oz or glasses):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
0	0	0	0	0	0	0

Intermittent Fasting

Number of fasting hours/day:

Number of days/week intermittent fasting followed:

Physical Activity: Gradual Increase in Steps

Increase by 500-1000 steps each week

Number of days this week you reached at least 4000 steps/day:

*These numbers might be too high or too low depending on your baseline fitness

Daily walking - At least 30 minutes (Y/N):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
N	N	N	N	N	N	N

Morning stretching exercises for 5-10 minutes every day (Y/N):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
N	N	N	N	N	N	N

Muscle-Strengthening Exercises

Recommended: 1 time/week for 5-10 minutes • Start low level and gradually increase as tolerated

Actual muscle strengthening this week:

e.g., 2 times, 10 min each

Sleep

Number of nights this week with less than 7 or more than 9 hours of sleep:

Stress Management

Keep log of stress interventions that you may find useful and when implemented:

e.g., Deep breathing 2x daily, meditation 10 min...

Supplements

Follow Supplements Log Form

Red Light Therapy Sessions

Start slow, 1-2 sessions/week and may slowly increase following manufacturer's recommendations

Number of sessions this week:

Print Form

Clear All Data