

Month 3 Wellness Tracking (Weeks 9-12)

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Week 9 - Daily Tracking

🚭 Smoking

🎉 **THIS IS HUGE: YOU QUIT SMOKING!**
Your body is healing right now, that's amazing!

🍷 Alcohol

🍷 **Goal:** Up to 4 servings per month

Weekly alcoholic servings:

🍬 **Nutrition: Get Rid of Refined Sugar**

🍬 **Recommended:** Maximum 1 serving refined sugar dessert/week

Actual number of servings this week:

🍔 **Nutrition: Get Rid of Fast Food**

🍔 **Recommended:** Zero intake

Actual number of fast food servings this week:

🌾 **Nutrition: Avoid Refined Grains**

🌾 **Recommended:** If possible, consume up to 2-3 times/week

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: Unhealthy Drinks**

🍷 **Goal:** Zero intake • Use healthy options as recommended in Chapters 4, 5 and 6

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**

🕒 **Recommended:** 8/16 schedule followed by healthy meal! • Suggested 3 times/week

Actual number of days this week:

🚶 **Physical Activity: Gradual Increase in Steps**

🚶 **Recommended:** Increase by 500-1000 steps each week

Number of days this week you reached at least 6000 steps/day:

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

Daily brisk 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:** 2 times/week for 10 minutes

Actual muscle strengthening this week:

🏋️ **Balance and Stability Exercises**

Every day for 5-10 minutes after stretching

Balance exercises completed (Y/N):

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

🧘 **Yoga/Tai Chi (Optional)**

🧘 **Suggested:** 1-2 sessions/week of 15 minutes

Actual Yoga/Tai Chi this week:

😴 **Sleep**

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

🧘 **Stress Management**

Record the stress interventions that you find useful and when implemented:

🍬 **Supplements**

Follow Supplements Log Form

🧠 **Brain Function Support - "Mind Lab Pro" Formula (Daily use)**

Taken today (Y/N):

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

🛡️ **Immunity Support - "5 Defenders" (Daily use)**

Taken today (Y/N):

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

🔴 **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