

High 5 Tracker

Day/Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep							
Walking							
Strength Training							
100gm of Protein							
100oz or more of water							
12+ Hours Fasting							
BM's							
Stress Level							

***See back for definitions and details**

Goals:

Sleep: 7-9 hours nightly

Movement:

- Walk 10k steps per day
- Strength train 2-3 times weekly
- Pilates for pleasure

Nutrition: Fast 12 or more hours; eat 100 grams of protein

Hydration: 100 oz of water, less than 300mg of caffeine

Bowel Movements: Minimum once per day

Stress: Goal is for low level (BE HONEST)

1-3 = low, relaxed state 4-7 = moderate stress 8-10 = high stress

