

Name:

Date of birth:

Today's date:

Key Performance indicators (KPI's)

Weight: Target weight:

Current physical health level: Athlete Fit Unfit Couch Potato

Current spiritual health level: Winning Struggling On the ropes On the canvas

Specific issues of body and spirit:

Exercise (in minutes)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High-intensity exercise							
Low-intensity exercise							
High-intensity interval training (HIIT)							
Hours of sleep							
Heart-rate variability (HRV)							

Notes:

Diet

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meals per day 0/1/2/3/more							
Longest period between meals? (hours)							
Did you eat a variety of plants?							

Notes:

Discipline (in minutes)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prayer/meditation							
Breathing exercises							
Cold therapy							
Other:							
Notes:							

Spirit

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What are your priorities today? (list 10)							
Who and what are you most thankful for today? (list 3)							
Who and what do you most need to pray for?							
Who do you need to call?							
Notes:							