

CHANGE YOUR THOUGHTS  
**CHANGE**  
 YOUR LIFE  
 NUTRITION. MINDSET. MINDFULNESS.

Name: \_\_\_\_\_

Team: \_\_\_\_\_

Week: \_\_\_\_\_

Attendance: \_\_\_\_\_

	ADD-IN	TAKE-OUT	STEPS	MINDSET	MINDFUL
<b>SUNDAY</b>					
<b>MONDAY</b>					
<b>TUESDAY</b>					
<b>WEDNESDAY</b>					
<b>THURSDAY</b>					
<b>FRIDAY</b>					
<b>SATURDAY</b>					

**This Week I'm Feeling...**

**ENERGY**

1 2 3 4 5 6 7 8 9 10

**MOOD**

1 2 3 4 5 6 7 8 9 10

**CLARITY**

1 2 3 4 5 6 7 8 9 10

**OVERALL WELLBEING**

1 2 3 4 5 6 7 8 9 10

**Greatest Accomplishment**

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