

Daily Log Sheet

Please fill out this sheet with as much info as possible. Please carry around with you daily and write down all events in the day as they go on. Our daily log sheet is the best tool for us to help make a plan that works for you!

Day

Wake up:

Meal 1: Time:

Medication/supplements

Meal 2 : Time:

Medication/supplements

Meal 3: Time:

Medication/supplements

Meal 4 : Time:

Medication/supplements

Meal 5: Time:

Medication/supplements

Meal 6: Time:

Medication/supplements

Extra Notes:

Bowel Movements:

Time:

Time:

Time:

Time:

Workout: Start Time:

End Time:

Bed Time:



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"Live Well Today"