Daily Check In Journal

WEEK: _____

MON	GREAT	GOOD	FAIR	POOR	OBSERVATIONS
HUNGER	☐	☐	☐	☐	
CRAVINGS	☐	☐	☐	☐	
ENERGY	☐	☐	☐	☐	
SLEEP	☐	☐	☐	☐	
PERIOD	☐	☐	☐	☐	
MENTAL CLARITY	☐	☐	☐	☐	

TUE	GREAT	GOOD	FAIR	POOR	OBSERVATIONS
HUNGER	☐	☐	☐	☐	
CRAVINGS	☐	☐	☐	☐	
ENERGY	☐	☐	☐	☐	
SLEEP	☐	☐	☐	☐	
PERIOD	☐	☐	☐	☐	
MENTAL CLARITY	☐	☐	☐	☐	

WED	GREAT	GOOD	FAIR	POOR	OBSERVATIONS
HUNGER	☐	☐	☐	☐	
CRAVINGS	☐	☐	☐	☐	
ENERGY	☐	☐	☐	☐	
SLEEP	☐	☐	☐	☐	
PERIOD	☐	☐	☐	☐	
MENTAL CLARITY	☐	☐	☐	☐	

THU	GREAT	GOOD	FAIR	POOR	OBSERVATIONS
HUNGER	☐	☐	☐	☐	
CRAVINGS	☐	☐	☐	☐	
ENERGY	☐	☐	☐	☐	
SLEEP	☐	☐	☐	☐	
PERIOD	☐	☐	☐	☐	
MENTAL CLARITY	☐	☐	☐	☐	

FRI	GREAT	GOOD	FAIR	POOR	OBSERVATIONS
HUNGER	☐	☐	☐	☐	
CRAVINGS	☐	☐	☐	☐	
ENERGY	☐	☐	☐	☐	
SLEEP	☐	☐	☐	☐	
PERIOD	☐	☐	☐	☐	
MENTAL CLARITY	☐	☐	☐	☐	

SAT	GREAT	GOOD	FAIR	POOR	OBSERVATIONS
HUNGER	☐	☐	☐	☐	
CRAVINGS	☐	☐	☐	☐	
ENERGY	☐	☐	☐	☐	
SLEEP	☐	☐	☐	☐	
PERIOD	☐	☐	☐	☐	
MENTAL CLARITY	☐	☐	☐	☐	

SUN	GREAT	GOOD	FAIR	POOR	OBSERVATIONS
HUNGER	☐	☐	☐	☐	
CRAVINGS	☐	☐	☐	☐	
ENERGY	☐	☐	☐	☐	
SLEEP	☐	☐	☐	☐	
PERIOD	☐	☐	☐	☐	
MENTAL CLARITY	☐	☐	☐	☐	

That which is measured improves.

© Robin Nielsen