

## WEEK 1 BASELINE JOURNALING INSTRUCTIONS

Prior to Week 1, be sure you fill out PRE-assessment and PRE-challenge measurements and weigh yourself! These forms can be found on our Wellness Support Page.

Find a notebook to use for the next 7 days! Every day you will log the following and BE SPECIFIC!!!!

- YOUR FOOD AND LIQUID INTAKE- write down the time of day and what you are eating and drinking.
- YOUR FEEDING TIME - Be sure at the end of the day before bed you calculate the total number of hours you ate. For example if you eat from 7 am to 9 pm that would be a total of 14 hours.
- YOUR BOWEL MOVEMENTS – Log in the time of day every time you go poopy!
- HOURS OF SLEEP - log the hours of sleep from the evening before - so Monday journal would be sleep time from Sunday to Monday. Please also list times of bedtime and wake up time.
- WORKOUT - log how long, what, and where
- HOURS OF SITTING - log total hours of sitting
- MINUTES OF MINDFULNESS - log what and how long

## ASSESSMENT OF WEEK 1 JOURNALING!

*(to be done at the end of your journaling week)*

1. Average total hours of sleep per night:
2. Average total hours of sitting per day:
3. Average total minutes per day for mindfulness:
4. Did you workout daily, or every other day or sporadic or not at all. Was it cardio or strength based.
5. Record your average feeding timeframe. (This is the hours per day you eat, from the first time you put food/drink on your body to the last...black coffee and tea do not count)
6. Use the following colored highlighters to highlight the following foods in your journal.  
Green- Veggies  
Pink - Fruit  
Blue - Beans  
Orange - Whole Grains and nuts and spices  
Yellow - water, coffee, tea
7. Use a Red Pen to cross out everything else!
8. Look at your food journal-what are you eating too much of and not enough of?
9. Did you poop everyday? Every other day?
10. What have you learned from your journal and your self assessment?