

This is the single most powerful investment we can ever make in life-investment in ourselves, in the only instrument we have with which to deal with life and to contribute.

Stephen Covey

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“We are the instruments of our own performance, and to be effective, we need to recognize the importance of taking time to regularly sharpen the saw.” – Stephen Covey

We sharpen our saw when we get enough sleep, eat a healthy diet, exercise, create time for true relaxation and fun and do things that give us a sense of fulfillment.

It is so easy to lose focus and forget what our most valued goals are. Vacations, holidays, illness, financial stresses, family and work busyness and stresses – the list is endless. Both positive and negative situations vie for our attention; however, we can only achieve our goals if they are at the top of our priority list.

Attached is a Lifestyle Assessment Journal, which many of you are likely familiar with. It may help you to refocus. Each night before going to bed, use this journal to help you plan out the following day, while keeping your goal in mind.

Be aware of when you are losing focus and allowing your health goals to slip to the bottom of your priority list and get right back on track **immediately**. Falling off track does not prevent you from achieving your goals. Staying off track does!

LIFESTYLE ASSESSMENT JOURNAL

Name: _____

Date: _____

1 FREE CHEAT MEAL PER WEEK – Eat whatever you would like at one meal. Decide on Monday of every week which meal will be your cheat meal for the week. CAUTION – Cheat meals may cause cravings, mood/attitude changes, poor digestion, constipation and low energy. Eat at your own risk!	My Cheat Meal for this week is on: Date: _____	
PERFECT SCORE: + 18 / WORST SCORE: - 36	TARGET	ACHIEVED YES NO
Bedtime Last Night: _____ Wake up: _____ # Hours Sleep: _____	7 -8 hours	+1 -2
Kettlebell Class or Weight Training: _____	3x /week	+1 -2
Cardio Workout – Type of Exercise: _____ Duration: _____	30+ min 3x/wk	+1 -2
Daily Activity: Active = +1 / Sitting most of the day = -2	Active	+1 -2
Water/Herbal Tea (caffeine free): 1 2 3 4 5 6 7 8 9 10 11 12	8 – 12	+1 -2
Caffeine (8 oz or less = 1): Coffee _____ Tea _____ Other/Choc: _____	0 – 1/day	+1 -2
Alcohol (5 oz): How many? _____	0 - 2/week	+1 -2
Vegetables Servings - # of Servings Consumed	5 – 7/day	+1 -2
Green Vegetables - # of Servings Consumed	2 – 3/day	+1 -2
Carbohydrate Servings - # of Servings Consumed	+1/day	+1 -2
Protein Servings - # of Servings Consumed	+1/day	+1 -2
Healthy Fat Servings - # of Servings Consumed	/day	+1 -2
Fish Oil Supplement or Chia seeds or Sardines	As per label	+1 -2
Vitamins	3x/day	+1 -2
Ate within the first hour of waking up		+1 -2
Ate every 3 - 5 hours		+1 -2
Ate all meals sitting down without distractions		+1 -2
Stopped eating at least 2 hours before bed		+1 -2
Relaxation Activity*:		+1 -2
TOTAL :		

TIME	MEAL <small>Carb serving = 20 g / Protein serving = 20g / Fat serving = 5g</small>	Veggie <small>5-7</small>	Carb	Protein	Fat
Meal #1					
Meal #2					
Meal #3					
Meal #4					
Meal #5					

How did you feel today?

SLEEP	MOOD	ENERGY	CRAVINGS	BM
Rested upon waking	Enjoying Life	High – Ready to take on the world.	None	0
Slept well but not long enough.	Happy / Content	Steady energy; no dips.	Once/day	1/day
Trouble falling asleep	Melancholy, Sad, Little Depressed	One energy dip during the day. What time? _____	Twice/day	2/day
Woke up throughout night What time(s)? _____	Tormented, Anxious, Little Overwhelmed	Two energy dips during the day. What times? _____	More than twice/day	More than twice
Not rested	Irritable, Angry, Stressed Out	No/Low energy all day.	All you thought about was food.	Colour:
Comments/Insights:	Comments/Insights:	Comments/Insights:	Comments/Insights:	Can see undigested food? Consistency: Loose Pebbles Strands One long piece

*Note: Relaxation can be yoga, meditation, colouring, crafts, listening to music, journaling, anything that you enjoy doing that is soothing and relaxing and allows you to lose track of time. Watching TV/movies does not count!