

Short-term health improvement tracker

This tracker is designed to help you notice positive changes in your health as you make adjustments to your lifestyle. Each week or month, you'll rate different aspects of your well-being on a scale from 1 to 10 (1 = very poor, 10 = excellent).



How to use it:

- For each area (like sleep or energy), write your score based on how you feel right now.
- For example, if you slept very poorly, you might rate your sleep as a 2. If you feel well-rested, you might rate it an 8 or 9.
- You can re-score these areas as often as you like. We recommend checking in at least once a month.
- **Important: To help give an honest, “in the moment” answer, don't look at your previous scores until after you've finished. You can fold the page along the date line to hide your old scores. Try to enter the scores at the same time during the day for consistency.**
- Keep your completed trackers in a safe place so you can review your progress over time.
It may also be worthwhile sharing this data with your doctor.

Date:

Sleep quality (rate 1–10)	Energy levels (rate 1–10)	Mood (rate 1–10)	Digestion (rate 1–10)	Bowel movements (How often per day/ week)	Stress levels (rate 1–10)
Cravings (rate 1–10 & note specific cravings)	Hydration (litres/cups per day)	Pain or discomfort (rate 1–10)	Skin health (rate 1–10)	Mental clarity/focus (rate 1–10)	Connection/ social support (rate 1–10)

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