

PRACTICAL PALEO BOOK RESOURCES

DAILY NUTRITION & LIFESTYLE RECORD

NAME:
DATE:

• record time, location & duration of meals • record workout & qualitative "how did it feel" information

SLEEP

BREAKFAST

LUNCH

DINNER

SNACKS

SUPPLEMENTS

MOVEMENT

PRACTICAL PALEO BOOK RESOURCES

GOAL TRACKING

NAME:
DATE:

*create S.M.A.R.T. goals:
Specific, Measurable, Attainable, Relevant and Time-sensitive*

SLEEP

NUTRITION

STRESS MANAGEMENT

MINDSET

SYMPTOM RELIEF

PERFORMANCE & PRs

BODY COMPOSITION