

---

## Food Journal

As the old adage goes, you are what you eat.

We all have the best intentions, but often don't realize all that we consume. Clarity occurs by journaling our consumption.

### BREAKFAST

---

---

---

### LUNCH

---

---

---

### DINNER

---

---

---

### SNACKS

---

---

---

### ALCOHOL

---

---

---

### WATER

---

## Physical Fitness

If physical fitness is not part of your daily routine, think of it as a boat anchor. You don't need to lift the anchor completely out of the water for the boat to move. It just needs to be lifted a little for forward movement. Point being, commit to it even if it is a walk around the block and build upon it.

Just lift the anchor a little and begin the forward momentum.

Capture your day's fitness activities. If you have goals, benchmark them here.

---

---

---

---

---

## Learnings

Look back over your Journal. What learnings can you take from it. What excites you? What would you like to do differently?

---

---

---

---

---

---

---

---

---

---

---

Make your learnings  
greater than the  
experience.

## Personal Analytics Journal

Capture | Learn | Adjust  
Repeat...

Name \_\_\_\_\_

Date \_\_\_\_\_

