

| MOOD SCALE                      | 3 WAYS TO IMPROVE          |
|---------------------------------|----------------------------|
| HOW ARE YOU                     |                            |
| FEELING TODAY?                  |                            |
|                                 |                            |
|                                 |                            |
|                                 | 3 WAYS TO IMPROVE          |
| SLEEP SCALE HOW DID YOU SLEEP   | 3 WATS TO IMPROVE          |
| LAST NIGHT?                     |                            |
|                                 |                            |
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| ENERGY SCALE HOW IS YOUR        | 3 WAYS TO IMPROVE          |
| ENERGY LEVEL TODAY?             |                            |
|                                 |                            |
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|                                 |                            |
| MOTIVATION                      | 3 WAYS TO IMPROVE          |
| SCALE                           |                            |
| HOW IS YOUR<br>MOTIVATION LEVEL |                            |
| TODAY?                          |                            |
|                                 |                            |
| HANDLING FOOD                   | 3 WAYS TO IMPROVE          |
| CRAVING SCALE                   |                            |
| HOW WELL DID YOU<br>HANDLE FOOD |                            |
| CRAVINGS TODAY?                 |                            |
|                                 |                            |
| EXERCISE                        | 3 WAYS TO IMPROVE          |
| SCALE                           | 5 17.1 5 1 5 1 m 1 1 G 1 L |
| HOW WAS YOUR                    |                            |
| WORKOUT TODAY?                  |                            |
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| 3 V | VAYS TO | BETTER | ADHERE | TO TH | IE PLAN | TOMORE | ROW? |
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# DID YOU TAKE SUPPLEMENTS CONSISTENLY? YES NΟ **AVERAGE MOOD SCALE** AVERAGE SLEEP SCALE — AVERAGE ENERGY SCALE **AVERAGE MOTIVATION SCALE** AVERAGE HANDLING FOOD CRAVING SCALE AVERAGE EXERCISE SCALE **AVERAGE BOWEL MOVEMENTS PER DAY** HOW DID YOU FEEL YOUR MENSTRUATION PHASE? 3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE HOW DID YOU FEEL YOUR FOLLICULAR PHASE? 3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE



| 3 THINGS | S YOU CAN DO TO FEEL BETTER DURING OVULATION PHASE |
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| нс       | OW DID YOU FEEL YOUR LUTEAL PHASE?                 |
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| 3 THINGS | S YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE    |
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MENSTRUATION FOLLICULAR OVULATION LUTEAL

| MOOD SCALE                                | 3 WAYS TO IMPROVE |
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| HOW ARE YOU<br>FEELING TODAY?             |                   |
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| SLEEP SCALE HOW DID YOU SLEEP             | 3 WAYS TO IMPROVE |
| LAST NIGHT?                               |                   |
|   |                   |
|   | 2 WAYS TO IMPROVE |
| ENERGY SCALE HOW IS YOUR ENERGY LEVEL     | 3 WAYS TO IMPROVE |
| TODAY?                                    |                   |
|   |                   |
| MOTIVATION                                | 3 WAYS TO IMPROVE |
| MOTIVATION<br>SCALE                       | 3 WATS TO IMPROVE |
| HOW IS YOUR<br>MOTIVATION LEVEL<br>TODAY? |                   |
|   |                   |
| HANDLING FOOD                             | 3 WAYS TO IMPROVE |
| CRAVING SCALE HOW WELL DID YOU            |                   |
| HANDLE FOOD<br>CRAVINGS TODAY?            |                   |
|   |                   |
| EXERCISE                                  | 3 WAYS TO IMPROVE |
| SCALE<br>HOW WAS YOUR                     |                   |
| WORKOUT TODAY?                            |                   |

| 3 | WAYS | то | BETTER | ADHERE | то | THE | PLAN | TOMO | RROW? |
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### FEBRUARY

| DID | YOU TAKE SUPPLEMENTS CONSISTENLY? YES NO                     |
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|     | AVERAGE MOOD SCALE   |
|     | AVERAGE SLEEP SCALE  |
|     | AVERAGE ENERGY SCALE   |
|     | AVERAGE MOTIVATION SCALE                                     |
|     | AVERAGE HANDLING FOOD CRAVING SCALE                          |
|     | AVERAGE EXERCISE SCALE                                       |
|     | AVERAGE BOWEL MOVEMENTS PER DAY                              |
|     | HOW DID YOU FEEL YOUR MENSTRUATION PHASE?                    |
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|     | 3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE |
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|     | HOW DID YOU FEEL YOUR FOLLICULAR PHASE?                      |
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|     | 3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE   |
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| 2 THINGS | S YOU CAN DO TO FEEL BETTER DURING OVULATION PHASE |
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| HINGS    | YOU CAN DO TO FEEL BETTER DURING OVULATION PHASE   |
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| 3 THINGS | S YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE    |
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|        | MOOD SCALE                     | 3 WAYS TO IMPROVE |
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|        | HOW ARE YOU                    |                   |
| ļ      | FEELING TODAY?                 |                   |
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| -      | SLEEP SCALE HOW DID YOU SLEEP  |                   |
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|        | ENERGY SCALE                   | 3 WAYS TO IMPROVE |
| -<br>I | HOW IS YOUR                    |                   |
|        | ENERGY LEVEL<br>FODAY?         |                   |
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|        | IANDLING FOOD                  | 3 WAYS TO IMPROVE |
|        | IANDLING FOOD<br>CRAVING SCALE | 3 WAYS TO IMPROVE |
|        | OW WELL DID YOU                |                   |
|        | ANDLE FOOD<br>RAVINGS TODAY?   |                   |
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|        | XERCISE<br>Scale               | 3 WAYS TO IMPROVE |
|        | OW WAS YOUR                    |                   |
|        | VORKOUT TODAY?                 |                   |
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HOW WELL DID YOU FOLLOW THROUGH WITH THE HORMONE RESET PLAN TODAY?

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# DAILY JOURNAL



| DID YC | U TAKE SUPPLEMENTS CONSIST    | ENLY?    | YES       | NO              |   |
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|        | AVERAGE MOOD SCALE            |          |           |                 |   |
|        | AVERAGE SLEEP SCALE           |          |           |                 |   |
|        | AVERAGE ENERGY SCALE          |          |           |                 |   |
|        | AVERAGE MOTIVATION SCALE      |          |           |                 |   |
|        | AVERAGE HANDLING FOOD CRAVI   | NG SCAL  | E         |                 |   |
|        | AVERAGE EXERCISE SCALE        |          |           |                 |   |
|        | AVERAGE BOWEL MOVEMENTS PE    | R DAY    |           |                 |   |
|        | HOW DID YOU FEEL YOUR I       | MENSTRU  | ATION PH  | ASE?            |   |
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|        | 3 THINGS YOU CAN DO TO FEEL B | ETTER DU | RING ME   | NSTRUATION PHAS | E |
|        |                               |          |           |                 |   |
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|        | HOW DID YOU FEEL YOUR F       | FOLLICUL | AR PHASE  | :?              |   |
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|        | 3 THINGS YOU CAN DO TO FEEL B | ETTER DU | IRING FOI | LLICULAR PHASE  |   |
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| 3 THINGS | S YOU CAN DO TO FEEL BETTER DURING OVULATION PHASE |
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| THINGS   | S YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE    |
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| MOOD SCALE                       | 3 WAYS TO IMPROVE |
|----------------------------------|-------------------|
| HOW ARE YOU                      |                   |
| FEELING TODAY?                   |                   |
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| SLEEP SCALE                      | 3 WAYS TO IMPROVE |
| HOW DID YOU SLEEP<br>LAST NIGHT? |                   |
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| ENERGY SCALE HOW IS YOUR         | 3 WAYS TO IMPROVE |
| ENERGY LEVEL TODAY?              |                   |
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| MOTIVATION<br>SCALE              | 3 WAYS TO IMPROVE |
| HOW IS YOUR                      |                   |
| MOTIVATION LEVEL TODAY?          | •                 |
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| HANDLING FOOD                    | 3 WAYS TO IMPROVE |
| CRAVING SCALE                    |                   |
| HOW WELL DID YOU<br>HANDLE FOOD  |                   |
| CRAVINGS TODAY?                  |                   |
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| EXERCISE                         | 3 WAYS TO IMPROVE |
| SCALE                            |                   |
| HOW WAS YOUR<br>WORKOUT TODAY?   |                   |
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| DID Y | OU TAKE SUPPLEMENTS CONSISTENLY?      | YES      | NO               |
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|       | AVERAGE MOOD SCALE                    |          |                  |
|       | AVERAGE SLEEP SCALE                   |          |                  |
|       | AVERAGE ENERGY SCALE                  |          |                  |
|       | AVERAGE MOTIVATION SCALE              |          |                  |
|       | AVERAGE HANDLING FOOD CRAVING SCAI    | -E       |                  |
|       | AVERAGE EXERCISE SCALE                |          |                  |
|       | AVERAGE BOWEL MOVEMENTS PER DAY       |          |                  |
|       | HOW DID YOU FEEL YOUR MENSTRU         | ATION PH | ASE?             |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER DI | JRING ME | NSTRUATION PHASE |
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|       | HOW DID YOU FEEL YOUR FOLLICUL        | AR PHAS  | E?               |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER D  | URING FO | LLICULAR PHASE   |
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| 3 THINGS YOU CAN DO TO FEEL BETTER DURING OVULATION | IDUASE |
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| HOW DID YOU FEEL YOUR LUTEAL PHASE?                 |        |
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| 3 THINGS YOU CAN DO TO FEEL BETTER DURING LUTEAL PH | ASE    |
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| MOOD SCALE                       | 3 WAYS TO IMPROVE |
|----------------------------------|-------------------|
| HOW ARE YOU FEELING TODAY?       |                   |
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| SLEEP SCALE                      | 3 WAYS TO IMPROVE |
| HOW DID YOU SLEEP<br>LAST NIGHT? |                   |
| LAST NIGHT:                      |                   |
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| ENERGY SCALE                     | 3 WAYS TO IMPROVE |
| HOW IS YOUR                      | 3 WATS TO INFROVE |
| ENERGY LEVEL<br>TODAY?           |                   |
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| MOTIVATION<br>SCALE              | 3 WAYS TO IMPROVE |
| HOW IS YOUR                      |                   |
| MOTIVATION LEVEL TODAY?          | •                 |
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| HANDLING FOOD                    | 3 WAYS TO IMPROVE |
| CRAVING SCALE HOW WELL DID YOU   |                   |
| HANDLE FOOD<br>CRAVINGS TODAY?   |                   |
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| EXERCISE                         | 3 WAYS TO IMPROVE |
| SCALE                            |                   |
| HOW WAS YOUR WORKOUT TODAY?      |                   |
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| 3 | WAYS TO BETTER AL | DHERE TO TH | E PLAN TO | IORROW? |
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# DID YOU TAKE SUPPLEMENTS CONSISTENLY? YES NO **AVERAGE MOOD SCALE AVERAGE SLEEP SCALE** — AVERAGE ENERGY SCALE **AVERAGE MOTIVATION SCALE** AVERAGE HANDLING FOOD CRAVING SCALE AVERAGE EXERCISE SCALE **AVERAGE BOWEL MOVEMENTS PER DAY** HOW DID YOU FEEL YOUR MENSTRUATION PHASE? 3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE HOW DID YOU FEEL YOUR FOLLICULAR PHASE? 3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE



| 3 THINGS YOU CAN DO TO FEEL BETTER DURING OVULATION PHASE  HOW DID YOU FEEL YOUR LUTEAL PHASE?  3 THINGS YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE |     |             |              |          |          |            |       |
|--|-----|-------------|--------------|----------|----------|------------|-------|
| HOW DID YOU FEEL YOUR LUTEAL PHASE?  |     |             |              |          |          |            |       |
| HOW DID YOU FEEL YOUR LUTEAL PHASE?  |     |             |              |          |          |            |       |
| HOW DID YOU FEEL YOUR LUTEAL PHASE?  |     |             |              |          |          |            |       |
|  | 3 T | HINGS YOU C | AN DO TO FEE | L BETTER | DURING   | OVULATION  | PHASE |
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| 3 THINGS YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE   |     | HOW DID     | YOU FEEL YOU | JR LUTEA | L PHASE? |            |       |
| 3 THINGS YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE   |     |             |              |          |          |            |       |
| 3 THINGS YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE   |     |             |              |          |          |            |       |
| 3 THINGS YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE   |     |             |              |          |          |            |       |
| 3 THINGS YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE   |     |             |              |          |          |            |       |
|  | 3 T | HINGS YOU C | AN DO TO FEE | LBETTER  | DURING   | LUTEAL PHA | SE    |
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| MOOD SCALE                       | 3 WAYS TO IMPROVE |
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| HOW ARE YOU<br>FEELING TODAY?    |                   |
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| SLEEP SCALE                      | 3 WAYS TO IMPROVE |
| HOW DID YOU SLEEP<br>LAST NIGHT? |                   |
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| ENERGY SCALE                     | 3 WAYS TO IMPROVE |
| HOW IS YOUR<br>ENERGY LEVEL      |                   |
| TODAY?                           |                   |
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| MOTIVATION<br>SCALE              | 3 WAYS TO IMPROVE |
| HOW IS YOUR                      |                   |
| MOTIVATION LEVEL TODAY?          |                   |
|                                  |                   |
| HANDLING FOOD<br>CRAVING SCALE   | 3 WAYS TO IMPROVE |
| HOW WELL DID YOU<br>HANDLE FOOD  |                   |
| CRAVINGS TODAY?                  |                   |
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| EXERCISE                         | 3 WAYS TO IMPROVE |
| SCALE                            |                   |
| HOW WAS YOUR<br>WORKOUT TODAY?   |                   |
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# DID YOU TAKE SUPPLEMENTS CONSISTENLY? YES NO **AVERAGE MOOD SCALE** AVERAGE SLEEP SCALE — AVERAGE ENERGY SCALE **AVERAGE MOTIVATION SCALE** AVERAGE HANDLING FOOD CRAVING SCALE — AVERAGE EXERCISE SCALE **AVERAGE BOWEL MOVEMENTS PER DAY** HOW DID YOU FEEL YOUR MENSTRUATION PHASE? 3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE HOW DID YOU FEEL YOUR FOLLICULAR PHASE? 3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE



| 3 THINGS | S YOU CAN DO TO FEEL BETTER DURING OVULATION PHASE |
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| нс       | OW DID YOU FEEL YOUR LUTEAL PHASE?                 |
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| 3 THINGS | S YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE    |
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| YC | OU TAKE YOUR SU                | PPLEMENTS TODAY? YES NO |
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|    | MOOD SCALE                     | 3 WAYS TO IMPROVE       |
|    | HOW ARE YOU<br>FEELING TODAY?  |                         |
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|    |                                | 3 WAYS TO IMPROVE       |
| _  | SLEEP SCALE HOW DID YOU SLEEP  | 3 WAYS TO IMPROVE       |
|    | LAST NIGHT?                    |                         |
|    |                                |                         |
|    | ENERGY SCALE                   | 3 WAYS TO IMPROVE       |
|    | HOW IS YOUR<br>ENERGY LEVEL    |                         |
|    | TODAY?                         |                         |
|    |                                |                         |
|    | MOTIVATION                     | 3 WAYS TO IMPROVE       |
| _  | SCALE<br>HOW IS YOUR           |                         |
|    | MOTIVATION LEVEL<br>TODAY?     |                         |
|    |                                |                         |
|    | HANDLING FOOD<br>CRAVING SCALE | 3 WAYS TO IMPROVE       |
|    | HOW WELL DID YOU               |                         |
|    | HANDLE FOOD<br>CRAVINGS TODAY? |                         |
|    |                                | •                       |
|    | EXERCISE<br>SCALE              | 3 WAYS TO IMPROVE       |
|    | HOW WAS YOUR<br>WORKOUT TODAY? |                         |
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# DID YOU TAKE SUPPLEMENTS CONSISTENLY? YES NO **AVERAGE MOOD SCALE** AVERAGE SLEEP SCALE — AVERAGE ENERGY SCALE **AVERAGE MOTIVATION SCALE** AVERAGE HANDLING FOOD CRAVING SCALE — AVERAGE EXERCISE SCALE **AVERAGE BOWEL MOVEMENTS PER DAY** HOW DID YOU FEEL YOUR MENSTRUATION PHASE? 3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE HOW DID YOU FEEL YOUR FOLLICULAR PHASE? 3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE



| 3 THINGS Y | OU CAN DO TO FEE | EL BETTER D | OURING OVU | LATION PHASI |  |
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| HOW        | DID YOU FEEL YO  | UR LUTEAL   | PHASE?     |              |  |
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| 3 THINGS Y | OU CAN DO TO FEE | EL BETTER [ | DURING LUT | EAL PHASE    |  |
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| OID YO | OU TAKE YOUR SUF                                   | PPLEMENTS TODAY? YES NO |
|--------|--|-------------------------|
|        | MOOD SCALE HOW ARE YOU FEELING TODAY?              | 3 WAYS TO IMPROVE       |
|        |  |                         |
|        | SLEEP SCALE HOW DID YOU SLEEP LAST NIGHT?          | 3 WAYS TO IMPROVE       |
|        |  |                         |
|        | ENERGY SCALE HOW IS YOUR ENERGY LEVEL TODAY?       | 3 WAYS TO IMPROVE       |
|        |  |                         |
|        | MOTIVATION<br>SCALE<br>HOW IS YOUR                 | 3 WAYS TO IMPROVE       |
|        | MOTIVATION LEVEL TODAY?                            |                         |
|        | HANDLING FOOD<br>CRAVING SCALE                     | 3 WAYS TO IMPROVE       |
|        | HOW WELL DID YOU<br>HANDLE FOOD<br>CRAVINGS TODAY? |                         |
|        | EXERCISE<br>SCALE                                  | 3 WAYS TO IMPROVE       |
|        | HOW WAS YOUR<br>WORKOUT TODAY?                     |                         |
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HOW WELL DID YOU FOLLOW THROUGH WITH THE HORMONE RESET PLAN TODAY?

| 3 | WAYS | то | BETTER | ADHERE | ТО | THE | PLAN | TOMOR | RROW? |
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# DAILY JOURNAL



| DID Y | OU TAKE SUPPLEMENTS CONSISTENLY?      | YES      | NO               |
|-------|---------------------------------------|----------|------------------|
|       | AVERAGE MOOD SCALE                    |          |                  |
|       | AVERAGE SLEEP SCALE                   |          |                  |
|       | AVERAGE ENERGY SCALE                  |          |                  |
|       | AVERAGE MOTIVATION SCALE              |          |                  |
|       | AVERAGE HANDLING FOOD CRAVING SCAI    | -E       |                  |
|       | AVERAGE EXERCISE SCALE                |          |                  |
|       | AVERAGE BOWEL MOVEMENTS PER DAY       |          |                  |
|       | HOW DID YOU FEEL YOUR MENSTRU         | ATION PH | ASE?             |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER DI | JRING ME | NSTRUATION PHASE |
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|       | HOW DID YOU FEEL YOUR FOLLICUL        | AR PHASI | E?               |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER D  | URING FO | LLICULAR PHASE   |
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| 2 THINGS | S YOU CAN DO TO FEEL BETTER DURING OVULATION PHASE |
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| 3 THINGS | S YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE    |
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| MOOD SCALE   | 3 WAYS TO IMPROVE |
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| HOW ARE YOU  |                   |
| FEELING TODAY?   |                   |
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| SLEEP SCALE  | 3 WAYS TO IMPROVE |
| HOW DID YOU SLEEP<br>LAST NIGHT?   |                   |
| LAST NIGHT!  |                   |
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| ENERGY SCALE   | 3 WAYS TO IMPROVE |
| HOW IS YOUR ENERGY LEVEL TODAY?  |                   |
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| MOTIVATION<br>SCALE  | 3 WAYS TO IMPROVE |
| HOW IS YOUR  |                   |
| MOTIVATION LEVEL TODAY?  | •                 |
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| HANDLING FOOD  | 3 WAYS TO IMPROVE |
| CRAVING SCALE  |                   |
| HOW WELL DID YOU<br>HANDLE FOOD  |                   |
| CRAVINGS TODAY?  |                   |
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| EXERCISE   | 3 WAYS TO IMPROVE |
| SCALE  |                   |
| HOW WAS YOUR<br>WORKOUT TODAY?   |                   |
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| 3 ' | WAYS | то | BETTER | ADHERE | то | THE | PLAN | TOMO | RROW? |
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| DID Y | OU TAKE SUPPLEMENTS CONSISTENLY? YES NO                      |
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|       | AVERAGE MOOD SCALE   |
|       | AVERAGE SLEEP SCALE  |
|       | AVERAGE ENERGY SCALE   |
|       | AVERAGE MOTIVATION SCALE                                     |
|       | AVERAGE HANDLING FOOD CRAVING SCALE                          |
|       | AVERAGE EXERCISE SCALE                                       |
|       | AVERAGE BOWEL MOVEMENTS PER DAY                              |
|       | HOW DID YOU FEEL YOUR MENSTRUATION PHASE?                    |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE |
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|       | HOW DID YOU FEEL YOUR FOLLICULAR PHASE?                      |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE   |
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# HOW DID YOU FEEL YOUR OVULATION PHASE? 3 THINGS YOU CAN DO TO FEEL BETTER DURING OVULATION PHASE **HOW DID YOU FEEL YOUR LUTEAL PHASE?** 3 THINGS YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE

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MENSTRUATION FOLLICULAR OVULATION LUTEAL

| MOOD SCALE HOW ARE YOU                             | 3 WAYS TO IMPROVE |
|--|-------------------|
| FEELING TODAY?                                     |                   |
|  |                   |
| SLEEP SCALE HOW DID YOU SLEEP LAST NIGHT?          | 3 WAYS TO IMPROVE |
|  |                   |
|  |                   |
| ENERGY SCALE HOW IS YOUR ENERGY LEVEL TODAY?       | 3 WAYS TO IMPROVE |
|  |                   |
| MOTIVATION<br>SCALE                                | 3 WAYS TO IMPROVE |
| HOW IS YOUR<br>MOTIVATION LEVEL<br>TODAY?          |                   |
|  |                   |
| HANDLING FOOD CRAVING SCALE                        | 3 WAYS TO IMPROVE |
| HOW WELL DID YOU<br>HANDLE FOOD<br>CRAVINGS TODAY? |                   |
|  |                   |
| EXERCISE<br>SCALE                                  | 3 WAYS TO IMPROVE |
| HOW WAS YOUR<br>WORKOUT TODAY?                     |                   |

## HORMONE RESET SCALE

HOW WELL DID YOU FOLLOW THROUGH WITH THE HORMONE RESET PLAN TODAY?

| 3 | WAYS TO BETTER AL | DHERE TO TH | E PLAN TO | IORROW? |
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# OCTOBER

| DID Y | OU TAKE SUPPLEMENTS CONSISTENLY? YES NO                      |
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|       | AVERAGE MOOD SCALE   |
|       | AVERAGE SLEEP SCALE  |
|       | AVERAGE ENERGY SCALE   |
|       | AVERAGE MOTIVATION SCALE                                     |
|       | AVERAGE HANDLING FOOD CRAVING SCALE                          |
|       | AVERAGE EXERCISE SCALE                                       |
|       | AVERAGE BOWEL MOVEMENTS PER DAY                              |
|       | HOW DID YOU FEEL YOUR MENSTRUATION PHASE?                    |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE |
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|       | HOW DID YOU FEEL YOUR FOLLICULAR PHASE?                      |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE   |
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### HOW DID YOU FEEL YOUR OVULATION PHASE?

| 3 THINGS | S YOU CAN DO TO FEEL BETTER DURING OVULATION PHA | S E |
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| нс       | OW DID YOU FEEL YOUR LUTEAL PHASE?               |     |
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| 2 THINGS | S YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE  |     |
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| NOVEMBER <sub>date:</sub> |
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MENSTRUATION FOLLICULAR OVULATION LUTEAL

| MOOD SCALE                       | 3 WAYS TO IMPROVE |
|----------------------------------|-------------------|
| HOW ARE YOU<br>FEELING TODAY?    | •                 |
|                                  |                   |
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| SLEEP SCALE                      | 3 WAYS TO IMPROVE |
| HOW DID YOU SLEEP<br>Last Night? |                   |
|                                  |                   |
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| ENERGY SCALE                     | 3 WAYS TO IMPROVE |
| HOW IS YOUR<br>ENERGY LEVEL      |                   |
| TODAY?                           |                   |
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| MOTIVATION<br>SCALE              | 3 WAYS TO IMPROVE |
| HOW IS YOUR                      |                   |
| MOTIVATION LEVEL TODAY?          |                   |
|                                  |                   |
| HANDLING FOOD                    | 3 WAYS TO IMPROVE |
| CRAVING SCALE                    |                   |
| HOW WELL DID YOU<br>HANDLE FOOD  |                   |
| CRAVINGS TODAY?                  |                   |
|                                  |                   |
| EXERCISE<br>SCALE                | 3 WAYS TO IMPROVE |
| SCALE<br>HOW WAS YOUR            |                   |
| WORKOUT TODAY?                   |                   |
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## HORMONE RESET SCALE

HOW WELL DID YOU FOLLOW THROUGH WITH THE HORMONE RESET PLAN TODAY?

| 3 V | VAYS TO | BETTER | ADHERE | TO TH | IE PLAN | TOMORE | ROW? |
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## NOVEMBER

| DID Y | OU TAKE SUPPLEMENTS CONSISTENLY? YES NO                      |
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|       | AVERAGE MOOD SCALE   |
|       | AVERAGE SLEEP SCALE  |
|       | AVERAGE ENERGY SCALE   |
|       | AVERAGE MOTIVATION SCALE                                     |
|       | AVERAGE HANDLING FOOD CRAVING SCALE                          |
|       | AVERAGE EXERCISE SCALE                                       |
|       | AVERAGE BOWEL MOVEMENTS PER DAY                              |
|       | HOW DID YOU FEEL YOUR MENSTRUATION PHASE?                    |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE |
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|       | HOW DID YOU FEEL YOUR FOLLICULAR PHASE?                      |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE   |
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### **HOW DID YOU FEEL YOUR OVULATION PHASE?**

| 3 THINGS | S YOU CAN DO TO FEEL BETTER DURING OVULATION PHASE |
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| нс       | OW DID YOU FEEL YOUR LUTEAL PHASE?                 |
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| 3 THINGS | S YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE    |
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| DECEMBER DATE: |
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MENSTRUATION FOLLICULAR OVULATION LUTEAL

| SLEEP SCALE HOW DID YOU SLEEP LAST NIGHT?  ENERGY SCALE HOW IS YOUR ENERGY LEVEL TODAY?  MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU HANDLE FOOD                   | MOOD SCALE          | 3 WAYS TO IMPROVE |
|---|---------------------|-------------------|
| ENERGY SCALE HOW DID YOU SLEEP LAST NIGHT?  ENERGY SCALE HOW IS YOUR ENERGY LEVEL TODAY?  MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU                              |                     |                   |
| ENERGY SCALE HOW DID YOU SLEEP LAST NIGHT?  ENERGY SCALE HOW IS YOUR ENERGY LEVEL TODAY?  MOTIVATION SCALE HOW IS YOUR MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU |                     |                   |
| ENERGY SCALE HOW IS YOUR ENERGY LEVEL TODAY?  MOTIVATION SCALE HOW IS YOUR MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU   |                     |                   |
| ENERGY SCALE HOW DID YOU SLEEP LAST NIGHT?  ENERGY SCALE HOW IS YOUR ENERGY LEVEL TODAY?  MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU                              |                     | 3 WAYS TO IMPROVE |
| ENERGY SCALE HOW IS YOUR ENERGY LEVEL TODAY?  MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU  MAYS TO IMPROVE  3 WAYS TO IMPROVE                                      | OW DID YOU SLEEP    |                   |
| ENERGY SCALE HOW IS YOUR ENERGY LEVEL TODAY?  MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU  3 WAYS TO IMPROVE  3 WAYS TO IMPROVE                                    | AST NIGHT?          |                   |
| ENERGY SCALE HOW IS YOUR ENERGY LEVEL TODAY?  MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU  3 WAYS TO IMPROVE  3 WAYS TO IMPROVE                                    |                     |                   |
| HOW IS YOUR ENERGY LEVEL TODAY?  MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU  MOTIVATION LEVEL TODAY?  3 WAYS TO IMPROVE   |                     |                   |
| MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU  MOTIVATION LEVEL TODAY?  3 WAYS TO IMPROVE  |                     | 3 WAYS TO IMPROVE |
| MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU  3 WAYS TO IMPROVE   | NERGY LEVEL         |                   |
| MOTIVATION SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU  3 WAYS TO IMPROVE   |                     |                   |
| SCALE HOW IS YOUR MOTIVATION LEVEL TODAY?  HANDLING FOOD CRAVING SCALE HOW WELL DID YOU  A WAYS TO IMPROVE  |                     |                   |
| HANDLING FOOD CRAVING SCALE HOW WELL DID YOU  SCALE  WAYS TO IMPROVE  | OTIVATION           | 3 WAYS TO IMPROVE |
| HANDLING FOOD CRAVING SCALE HOW WELL DID YOU  MOTIVATION LEVEL  3 WAYS TO IMPROVE   |                     |                   |
| HANDLING FOOD 3 WAYS TO IMPROVE CRAVING SCALE HOW WELL DID YOU  | OTIVATION LEVEL     |                   |
| CRAVING SCALE HOW WELL DID YOU  | IDAY?               |                   |
| CRAVING SCALE HOW WELL DID YOU  |                     |                   |
|   |                     | 3 WAYS TO IMPROVE |
|   |                     |                   |
| CRAVINGS TODAY?   |                     |                   |
|   |                     |                   |
| EXERCISE 3 WAYS TO IMPROVE  |                     | 3 WAYS TO IMPROVE |
| SCALE   |                     |                   |
| HOW WAS YOUR WORKOUT TODAY?   | J VV VV A O T U U K |                   |

HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY

## HORMONE RESET SCALE

HOW WELL DID YOU FOLLOW THROUGH WITH THE HORMONE RESET PLAN TODAY?

| 3 | WAYS | то | BETTER | ADHERE | то | THE | PLAN | TOMO | RROW? |
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# DECEMBER

| DID Y | OU TAKE SUPPLEMENTS CONSISTENLY?     | YES      | NO                |
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|       | AVERAGE MOOD SCALE                   |          |                   |
|       | AVERAGE SLEEP SCALE                  |          |                   |
|       | AVERAGE ENERGY SCALE                 |          |                   |
|       | AVERAGE MOTIVATION SCALE             |          |                   |
|       | AVERAGE HANDLING FOOD CRAVING SCA    | LE       |                   |
|       | AVERAGE EXERCISE SCALE               |          |                   |
|       | AVERAGE BOWEL MOVEMENTS PER DAY      |          |                   |
|       | HOW DID YOU FEEL YOUR MENSTRU        | ATION PI | HASE?             |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER D | URING ME | ENSTRUATION PHASE |
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|       | HOW DID YOU FEEL YOUR FOLLICUL       | AR PHAS  | E?                |
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|       | 3 THINGS YOU CAN DO TO FEEL BETTER D | URING FO | OLLICULAR PHASE   |
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### HOW DID YOU FEEL YOUR OVULATION PHASE?

| 2 THINGS | S YOU CAN DO TO FEEL BETTER DURING OVULATION PHASE |
|----------|--|
| HINGS    | TOU CAN DO TO FEEL BETTER DURING OVULATION PHASE   |
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| 3 THINGS | S YOU CAN DO TO FEEL BETTER DURING LUTEAL PHASE    |
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