

GEM RESET

Day # _____ Date: _____

Weight (Today/Day 1) _____ / _____ lbs Waist (Today/Day 1) _____ / _____ in

Energy: Low Average High

Goal # _____

Mood: 0 1 2 3 4 5 6 7 8 9 10

| | | | |
|------------------|-------------------------------|-------------------|-------------------|
| Self-Care | Exercise, Meditation, & Bliss | | Sleep (hours) |
| Stretching _____ | Relax _____ | Total Time: _____ | Total Time: _____ |
| Cardio _____ | Other _____ | | |

| | | |
|--|----------------------|----------------------|
| High Nutrient Veggies | List types & amounts | Other Vegetables |
| Spinach _____ | _____ | Cucumber _____ |
| Greens + _____ | _____ | Avocado _____ |
| Cruciferous _____ | _____ | Sweet potatoes _____ |
| Other _____ | _____ | Beets _____ |
| Other _____ | _____ | Other _____ |
| Total High Nutrient Veggies _____ (Ounces) | | Other _____ |

| | | |
|---------------|-------------------------------|-----------------------|
| Fruits | List types & amounts (ounces) | Other: |
| Bananas _____ | Apples _____ | _____ |
| Mango _____ | Berries _____ | _____ |
| Other _____ | Other _____ | Total Fruits _____ oz |

| | | |
|-------------------|--------------------------------------|----------------|
| Alcohol | Other Liquids (list types & amounts) | Take out: |
| Yes No | Coffee/tea: Other: | _____ \$ _____ |

| | |
|---|------------------|
| Nuts & Seeds (List types & amounts - Cups/Tbsp) | Pure Water |
| Chia seeds _____ Chia seed oil _____ (Tbsp) | _____ |
| Flax seeds _____ Flaxseed oil _____ (Tbsp) | _____ |
| Other _____ Other _____ (Tbsp) | _____ |
| Total seeds _____ Total oil _____ (Tbsp) | Total _____ (oz) |

| | |
|------------------------|--------------|
| Struggles | Celebrations |
| Game Plan for Tomorrow | |