

BODY SIGNALS JOURNAL CHECKLIST

Tune into your body's wisdom

Use this checklist to track your body's signals each day!

Noticing these subtle cues can help you understand your overall well-being and make informed choices about your health. Aim to fill this out daily for 3-5 days.

Daily Entry

Day 1:

Notes:

- Sleep Quality (1-5, 5 being best): _____
- Energy Levels (1-5, 5 being highest): _____
- Cravings: _____
- Mood/Emotions: _____
- Anything that felt off or different: _____

Day 2:

- Sleep Quality (1-5, 5 being best): _____
- Energy Levels (1-5, 5 being highest): _____
- Cravings: _____
- Mood/Emotions: _____
- Anything that felt off or different: _____

Day 3:

- Sleep Quality (1-5, 5 being best): _____
- Energy Levels (1-5, 5 being highest): _____
- Cravings: _____
- Mood/Emotions: _____
- Anything that felt off or different: _____

Remember: Your body is constantly communicating with you.
The more you listen, the better you'll understand its needs.