

Being Fit is Freedom - Tracking

Dates:

S
U
N
D
A
Y

Exercise

How long:

time/distance/other:.....

Level of perceived difficulty: 1 2 3 4 5 6 7 8 9 10

Has your perceived ability increased or decreased

Well-being Factor

Sleep - number of hours:

Food - Has it varied this week/day:

Energy waking up 1-10: 1 2 3 4 5 6 7 8 9 10

Energy at the end of the day 1-10: 1 2 3 4 5 6 7 8 9 10

Notes:

M
O
N
D
A
Y

Exercise

How long:

time/distance/other:.....

Level of perceived difficulty: 1 2 3 4 5 6 7 8 9 10

Has your perceived ability increased or decreased

Well-being Factor

Sleep - number of hours:

Food - Has it varied this week/day:

Energy waking up 1-10: 1 2 3 4 5 6 7 8 9 10

Energy at the end of the day 1-10: 1 2 3 4 5 6 7 8 9 10

Notes:

T
U
E
S
D
A
Y

Exercise

How long:

time/distance/other:.....

Level of perceived difficulty: 1 2 3 4 5 6 7 8 9 10

Has your perceived ability increased or decreased

Well-being Factor

Sleep - number of hours:

Food - Has it varied this week/day:

Energy waking up 1-10: 1 2 3 4 5 6 7 8 9 10

Energy at the end of the day 1-10: 1 2 3 4 5 6 7 8 9 10

Notes:

W
E
D
N
E
S
D
A
Y

Exercise

How long:

time/distance/other:.....

Level of perceived difficulty: 1 2 3 4 5 6 7 8 9 10

Has your perceived ability increased or decreased

Well-being Factor

Sleep - number of hours:

Food - Has it varied this week/day:

Energy waking up 1-10: 1 2 3 4 5 6 7 8 9 10

Energy at the end of the day 1-10: 1 2 3 4 5 6 7 8 9 10

Notes:

Being Fit is Freedom - Tracking

Dates:

T
H
U
R
S
D
A
Y

Exercise

How long:

time/distance/other:.....

Level of perceived difficulty: 1 2 3 4 5 6 7 8 9 10

Has your perceived ability increased or decreased

Well-being Factor

Sleep - number of hours:

Food - Has it varied this week/day:

Energy waking up 1-10: 1 2 3 4 5 6 7 8 9 10

Energy at the end of the day 1-10: 1 2 3 4 5 6 7 8 9 10

Notes:

F
R
I
D
A
Y

Exercise

How long:

time/distance/other:.....

Level of perceived difficulty: 1 2 3 4 5 6 7 8 9 10

Has your perceived ability increased or decreased

Well-being Factor

Sleep - number of hours:

Food - Has it varied this week/day:

Energy waking up 1-10: 1 2 3 4 5 6 7 8 9 10

Energy at the end of the day 1-10: 1 2 3 4 5 6 7 8 9 10

Notes:

S
A
T
U
R
D
A
Y

Exercise

How long:

time/distance/other:.....

Level of perceived difficulty: 1 2 3 4 5 6 7 8 9 10

Has your perceived ability increased or decreased

Well-being Factor

Sleep - number of hours:

Food - Has it varied this week/day:

Energy waking up 1-10: 1 2 3 4 5 6 7 8 9 10

Energy at the end of the day 1-10: 1 2 3 4 5 6 7 8 9 10

Notes:

Notes about my week:

Being Fit is Freedom – Schedule & Tracking

Dates:

Sunday

Exercise

How long:
time/distance/other:.....
Level of perceived difficulty: 1 2 3 4 5
Has your perceived ability **increased** or **decreased**

Notes:

Sleep – number of hours:
Food – Has it varied this week/day:
Energy waking up 1-10:
Energy at the end of the day 1-10
water:

Well-being Factor

Monday

Exercise

How long:
time/distance/other:.....
Level of perceived difficulty: 1 2 3 4 5
Has your perceived ability **increased** or **decreased**

Notes:

Sleep – number of hours:
Food – Has it varied this week/day:
Energy waking up 1-10:
Energy at the end of the day 1-10
water:

Well-being Factor

Tuesday

Exercise

How long:
time/distance/other:.....
Level of perceived difficulty: 1 2 3 4 5
Has your perceived ability **increased** or **decreased**

Notes:

Sleep – number of hours:
Food – Has it varied this week/day:
Energy waking up 1-10:
Energy at the end of the day 1-10
water:

Well-being Factor

Wednesday

Exercise

How long:
time/distance/other:.....
Level of perceived difficulty: 1 2 3 4 5
Has your perceived ability **increased** or **decreased**

Notes:

Sleep – number of hours:
Food – Has it varied this week/day:
Energy waking up 1-10:
Energy at the end of the day 1-10
water:

Well-being Factor

Thursday

Exercise

How long:
time/distance/other:.....
Level of perceived difficulty: 1 2 3 4 5
Has your perceived ability **increased** or **decreased**

Notes:

Sleep – number of hours:
Food – Has it varied this week/day:
Energy waking up 1-10:
Energy at the end of the day 1-10
water:

Well-being Factor

Friday

Exercise

How long:
time/distance/other:.....
Level of perceived difficulty: 1 2 3 4 5
Has your perceived ability **increased** or **decreased**

Notes:

Sleep – number of hours:
Food – Has it varied this week/day:
Energy waking up 1-10:
Energy at the end of the day 1-10
water:

Well-being Factor

Saturday

Exercise

How long:
time/distance/other:.....
Level of perceived difficulty: 1 2 3 4 5
Has your perceived ability **increased** or **decreased**

Notes:

Sleep – number of hours:
Food – Has it varied this week/day:
Energy waking up 1-10:
Energy at the end of the day 1-10
water:

Well-being Factor