


USE JOURNAL


TRACK AWARENESS. BUILD BALANCE. SUPPORT GROWTH.

 Name: _____
  Start Date: _____
  Activity / Activities: _____

WEEK 1 		MORNING 6AM – 12PM	AFTERNOON 12PM – 6PM	EVENING 6PM ONWARDS	AMOUNT / COST	NOTES / REFLECTIONS
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
TOTALS FOR THE WEEK:						


WEEK 2 		MORNING 6AM – 12PM	AFTERNOON 12PM – 6PM	EVENING 6PM ONWARDS	AMOUNT / COST	NOTES / REFLECTIONS
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
TOTALS FOR THE WEEK:						

WEEK 3 		MORNING 6AM – 12PM	AFTERNOON 12PM – 6PM	EVENING 6PM ONWARDS	AMOUNT / COST	NOTES / REFLECTIONS
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
TOTALS FOR THE WEEK:						


WEEK 4 		MORNING 6AM – 12PM	AFTERNOON 12PM – 6PM	EVENING 6PM ONWARDS	AMOUNT / COST	NOTES / REFLECTIONS
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
TOTALS FOR THE WEEK:						



AS A GUIDE:
Mornings are from 6am to noon, afternoons from noon to 6pm, and evenings from 6pm on.



Small steps.
Consistent awareness.
Lasting change.


 If you have a physical or mental health concern or condition, consult your doctor, GP, or appropriately qualified healthcare professional before making significant changes to your diet, lifestyle, or exercise routines. This tool is designed for personal insight and growth and is not suitable for professional diagnosis, guidance, or advice. This paper version of this tool is free to use and share – but not alter. Users are solely responsible for their use of this tool. The creator, Gearóid Carey, assumes no responsibility for any consequences arising from its use. Gearóid Carey disclaims all liability for any damages or harm resulting from the use, reference to, or reliance on this tool. Not suitable for Children or young adolescents. Older adolescents should only use this tool under the supervision of a responsible adult, such as a parent or legal guardian. This tool is intended as a self-help resource.