

JOURNAL

LIVE LIFE NOURISHED

#alkalignnourish



HOW TO USE THIS JOURNAL

SLEEP Include how many hours you slept the prior night as well as quality. Did you wake up during the night? How did you feel in the morning? Well-rested? Groggy?

EAT Record not only what you eat, but also how you feel immediately after (still hungry? craving sweets? tired?), 30-60 minutes later and 12-18 hours later. Connecting what you eat and how it makes you feel is a huge part of es-tablishing healthier habits.

HYDRATE Attempt to consume half of your body weight in ounces of water daily. If you weigh 150lbs, drink approx-imately 75oz of water a day. Each person is a little different, so as with everything in Nourish, see what works for you. When you are not properly hydrated, you may experience fatigue, muscle cramps, dizziness or more serious symp-toms. If you do, note them in this journal.

MOVE Record your workouts as well as how you feel during exercise, immediately after and the next day. Notice how exercise impacts other pillars such as hydration, food intake and sleep.

CONNECT The pillar at the heart of who you are, connection is what makes us human. Connection comes in two forms: connection to oneself and connection with others. What fills your bucket? It could be as simple as cozying up with a good book. It could also be a conversation with a friend, an Alkalign class or watching your favorite show. Acknowledge these activities. Also, recognize when you don't connect and check in with how you feel and whether other pillars are affected. This is particularly relevant these days due to the loss of connection during COVID.

SLEEP in bed at 10:30, sleeping by 11. woken by puppy once. awake for day at 6am. slept 7.5hrs total. Feeling rested.

EAT
B avocado baked egg, blueberries, black coffee

L chicken breast salad

D spaghetti squash, tomato sauce, turkey meatballs

S hummus & veggies 2 protein balls

HYDRATE 80 OZ **MOVE** Align30, walked dogs

CONNECT Walk with family, stopped to talk to friends and neighbors.

TODAY I FELT Refreshed! The fresh air is something I need more of. Getting enough water helped me tremendously.

TODAY I AM GRATEFUL FOR _____

The health of my family, friends & myself.

SLEEP Up way too late. Sleeping by 2am, awake at 6am.

EAT
B starbucks oatmilk latte

L Steak salad & lavender tea

D sushi with coconut aminos instead of soy sauce

S Piece of dark chocolate, almonds, apple

HYDRATE 85 OZ **MOVE** walked dogs 3 miles

CONNECT Talked to an old friend on the phone. Sent a friend a hand-written card to let them know I'm thinking of them.

TODAY I FELT Fatigued and stressed out after watching too much news. I feel like I need less social media and news.

TODAY I AM GRATEFUL FOR _____

Coffee.

 DATE _____

SLEEP _____

EAT
B _____

L _____

D _____

S _____

HYDRATE _____ OZ **MOVE** _____

CONNECT _____

TODAY I FELT _____

TODAY I AM GRATEFUL FOR _____

 DATE _____

SLEEP _____

EAT
B _____

L _____

D _____

S _____

HYDRATE _____ OZ **MOVE** _____

CONNECT _____

TODAY I FELT _____

TODAY I AM GRATEFUL FOR _____

 DATE _____

SLEEP _____

EAT

B _____

L _____

D _____

S _____

HYDRATE _____ OZ **MOVE** _____

CONNECT _____

TODAY I FELT _____

TODAY I AM GRATEFUL FOR _____

 DATE _____

SLEEP _____

EAT

B _____

L _____

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S _____

HYDRATE _____ OZ **MOVE** _____

CONNECT _____

TODAY I FELT _____

TODAY I AM GRATEFUL FOR _____

 DATE _____

SLEEP _____

EAT

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HYDRATE _____ OZ **MOVE** _____

CONNECT _____

TODAY I FELT _____

TODAY I AM GRATEFUL FOR _____

 DATE _____

SLEEP _____

EAT

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HYDRATE _____ OZ **MOVE** _____

CONNECT _____

TODAY I FELT _____

TODAY I AM GRATEFUL FOR _____

 DATE _____

SLEEP _____

EAT

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HYDRATE _____ OZ **MOVE** _____

CONNECT _____

TODAY I FELT _____

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 DATE _____

SLEEP _____

EAT

B _____

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S _____

HYDRATE _____ OZ **MOVE** _____

CONNECT _____

TODAY I FELT _____

TODAY I AM GRATEFUL FOR _____
