

Heather
DeGeorge



Health & Wellness
COACH

Life Change Tracking Journal

A helpful way to identify the things that affect
your health and wellness.



How to Use this Workbook.

Keeping a detailed log can seem tedious, but it's worth its weight in gold when trying to determine the source of a problem--especially when dealing with medical professionals. Often, we think we're remembering what really happened but we truly do lose the details. The log is an objective, detailed record of some critical health information. It's so worthwhile that I have kept logs on children (especially my own foster children) who had no health problems just to help with their medical care. *Please note that there is a different version for tracking infants/nursing toddlers.*

Print Workbook Pages. Print one copy of Page 3 to make sure no adjustments are needed. Then you can make 30-60 copies for your workbook. If you do that onto 3-holed paper, it's easier than punching the holes. ;)

1) Get a Baseline. Use one sheet per day for one person and stick them in a binder or report cover. Use the back of the prior day's page for any additional notes (be sure to put the TIME down for them!). Do this for at least two weeks before trying anything new so you can document improvements. You might also notice a pattern that exists (more likely if you baseline for a full month first) so that you're targeting something that's truly an issue. *For example, you might see the worst problems come after a night of disrupted sleep--and so you'd attack sleep issues (there are lots of remedies for this) before you attempted diet.*

You may want to use the back of the prior day's page to note the brand of what you're eating (note it in the grid with a letter and then make a list on the blank page--I did that for a while). Be sure to note behaviors, attitudes, crankiness, happiness, etc. In the "OUTPUT L/S" column L=liquid/urine and S=solid/bowel movement. Be sure to describe bowel movements to include as much detail as possible. They are a huge factor in finding health issues. Amount (relative), formed or liquid, color, smell, and anything visibly recognizable in it are all worth noting.

With children, you may need to assign each a bathroom (if you have this luxury) and implement a "no flushing" rule temporarily to get this detail.

2) Only Change One Thing at a Time. If you're going to start a diet change, do NOT ALSO start a new supplement. You want to know WHAT worked--and you can't do that if you try more than one new thing close together.

3) Give Your Changes 2 Months. Remind yourself that if you don't see improvements that make it worth the effort in 2 months--you go back to the old way. This way, you give the change a good, fair, strong chance to prove it's worth; but you also have a light at the end of the tunnel. You can tolerate just about anything for 60 days--if you know that's the end of it. In reality, at the end of 60 days you'll either be so thrilled that it won't even bother you to make the effort, or you'll know it's not working and you don't have to do it anymore--ya know? But it won't hang over your head indefinitely.



Sleep Output (L/S)

Meds/Vits

Supplements (List)	NAME
oz. Water	DATE
Bowel Movements	

Food

Notes

AM

MidNt					
1am					
2am					
3am					
4am					
5am					
6am					
7am					
8am					
9am					
10am					
11am					

PM

Noon					
1pm					
2pm					
3pm					
4pm					
5pm					
6pm					
7pm					
8pm					
9pm					
10pm					
11pm					