

THE BIO-FEEDBACK & EMPOWERMENT TRACKER

From Passive Recipient to Body Whisperer

Client Name: _____ Week Starting: _____

Section 1: The Personal Health Manifesto (Your "North Star")

Complete this once at the start of your "Sustain" phase. This anchors your motivation beyond just numbers.

My "Why": (How do I want to feel at age 80? What does my health allow me to do for those I love?)

My Non-Negotiable Boundaries: (e.g., "I prioritize 8 hours of sleep," or "I don't eat inflammatory oils.")

Section 2: Daily S.H.M.E.C. Tracking

Rate each category on a scale of 1–5 (1 = Poor/Disrupted, 5 = Optimal/Stable).

Day	Sleep (Restorative?)	Hunger (Stable?)	Mood (Resilient?)	Energy (Sustained?)	Cravings (Absent?)
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Section 3: Decoding the "Lead Domino"

Look at your lowest scores in Section 2. What happened 12–24 hours prior?

Observation: When my [S / H / M / E / C] was low, I noticed that I had: - ☐ Poor sleep hygiene (blue light, late caffeine) - ☐ High stress/cortisol event - ☐ Hidden sugars or "Health Halo" foods (more than 3 unpronounceable ingredients) - ☐ Lack of community/social isolation - ☐ Other: _____

Section 4: Critical Literacy Practice

The "Rule of 3" Label Check: List one new product you evaluated this week. * **Product Name:** _____ * **Top 3 Ingredients:** 1. ____ 2. ____ 3. ____ * **Decision:** ☐ Keep it ☐ Toss it (Reason: _____)

Section 5: Co-Creative Reflection & Joint Experimentation

To be discussed during your next coaching session.

Client Reflection: What is one signal my body gave me this week that I finally understood?

The Next Experiment: (Instead of a directive, what will we test together for the next 7 days?) *"Based on my S.H.M.E.C. data, I will test..."* _____

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