

# 90-DAY WELLNESS JOURNAL



THE  
AUTOIMMUNE COLLECTIVE



# WEEK 1

Main goals for the next 90 days:

Symptoms I'm currently experiencing:

Goals for the coming week:

# Day 1

Week 1

Date

Weight

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**Meals:**

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**Snacks:**

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**Sleep:**

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

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**Movement:**

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**Energy Level:**

1 2 3 4 5 6 7 8 9 10

**Stress Level:**

1 2 3 4 5 6 7 8 9 10

**Notes:** (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

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# Day 2

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Strive for progress, not perfection"

# Day 3

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 4

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"It's not who you are that holds you back, it's who you think you're not."

# Day 5

Week 1

Date

Weight

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**Meals:**

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**Snacks:**

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**Sleep:**

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

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**Movement:**

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**Energy Level:**

1 2 3 4 5 6 7 8 9 10

**Stress Level:**

1 2 3 4 5 6 7 8 9 10

**Notes:** (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

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"A goal is a dream with a deadline."

# Day 6

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# Day 7

Week 1

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Take care of your body. It's the only place you have to live"- Jim Rohn



# WEEK 2

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 8

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 9

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 10

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 11

Week 2

Date

Weight

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**Meals:**

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**Snacks:**

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**Sleep:**

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

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**Movement:**

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**Energy Level:**

1 2 3 4 5 6 7 8 9 10

**Stress Level:**

1 2 3 4 5 6 7 8 9 10

**Notes:** (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

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# Day 12

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 13

Week 2

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# Day 14

Week 2

Date

Weight

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**Meals:**

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**Snacks:**

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**Sleep:**

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

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**Movement:**

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**Energy Level:**

1 2 3 4 5 6 7 8 9 10

**Stress Level:**

1 2 3 4 5 6 7 8 9 10

**Notes:** (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

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"I have decided to be happy because it is good for my health" - Unknown



# WEEK 3

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 15

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 16

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 17

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 18

Week 3

Date

Weight

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**Meals:**

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**Snacks:**

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**Sleep:**

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

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**Movement:**

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**Energy Level:**

1 2 3 4 5 6 7 8 9 10

**Stress Level:**

1 2 3 4 5 6 7 8 9 10

**Notes:** (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

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# Day 19

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 20

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# Day 21

Week 3

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# WEEK 4

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 22

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 23

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"We are like a snowflake - all different in our own beautiful way"

# Day 24

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 25

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 26

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Be the woman (or man) who decided to go for it"

# Day 27

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# Day 28

Week 4

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# WEEK 5

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 29

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 30

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# 30 DAY CHECK-IN

How is it going? Do you need to readjust your goals? Or are you still on track?

Look back at your symptoms from Week 1. Do you still have all of them? If not, which ones are gone?

Any new symptoms? *(This is perfectly normal - as you become more in tune with your body you'll notice more and more and sometimes even get super nitpicky.)*

Weight is not everything and it might not even be important if you are trying to rid your body of inflammation. Once the body heals, it will "right size" itself. If you are keeping track though, write your starting weight and your 30 day weight below.

Starting Weight \_\_\_\_\_

Day 30 Weight \_\_\_\_\_



# Day 31

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Talk is cheap but actions are priceless."

# Day 32

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 33

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# Day 34

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"When you feel like quitting, think about why you started."

# Day 35

Week 5

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# WEEK 6

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 36

Week 6

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 37

Week 6

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"I'm going to make you so proud" - note to self

# Day 38

Week 6

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 39

Week 6

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"I can't control everything in my life, but I can control what I put in my body."

# Day 40

Week 6

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Don't be afraid of being a beginner."



# Day 41

Week 6

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Eating well is a form of self-respect."

# Day 42

Week 6

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Nobody is too busy. It's just a matter of priorities."



# WEEK 7

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 43

Week 7

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Create a way, not an excuse"

# Day 44

Week 7

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 45

Week 7

Date

Weight

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**Meals:**

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**Snacks:**

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**Sleep:**

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

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**Movement:**

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**Energy Level:**

1 2 3 4 5 6 7 8 9 10

**Stress Level:**

1 2 3 4 5 6 7 8 9 10

**Notes:** (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

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"You may not be there yet, but you are closer than yesterday."

# Halfway Through!



**Give yourself a giant pat on the back. You've made it 45 days through the 90-day challenge and you deserve to do something nice for yourself! Check out the ideas below for something to do to celebrate:**

- Have a dance party
- Go shopping
- Get a mani/pedi
- Go fishing
- Get a massage
- Go for a walk
- Read a book
- Book a trip
- Buy yourself flowers
- Take a nap
- Go to a movie
- Do a craft
- Volunteer
- Share your accomplishments with friends and family
- Go out with friends
- Play golf
- Light some sparklers

# Day 46

Week 7

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Do it now. Sometimes 'Later' becomes 'Never'"



# Day 47

Week 7

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Nothing is going to happen in your comfort zone"

# Day 48

Week 7

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 49

Week 7

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# WEEK 8

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 50

Week 8

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"The only real failure in life is the failure to try"

# Day 51

Week 8

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 52

Week 8

Date

Weight

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**Meals:**

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**Snacks:**

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**Sleep:**

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

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**Movement:**

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**Energy Level:**

1 2 3 4 5 6 7 8 9 10

**Stress Level:**

1 2 3 4 5 6 7 8 9 10

**Notes:** (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

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"Eat like you love yourself"

# Day 53

Week 8

Date

Weight

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**Meals:**

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**Snacks:**

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**Sleep:**

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

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**Movement:**

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**Energy Level:**

1 2 3 4 5 6 7 8 9 10

**Stress Level:**

1 2 3 4 5 6 7 8 9 10

**Notes:** (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

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"True health care reform starts in the kitchen" - Katie the Wellness Mama



# Day 54

Week 8

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 55

Week 8

Date

Weight

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**Meals:**

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**Snacks:**

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**Sleep:**

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

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**Movement:**

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**Energy Level:**

1 2 3 4 5 6 7 8 9 10

**Stress Level:**

1 2 3 4 5 6 7 8 9 10

**Notes:** (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

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"Don't tell me you are going to do it. Show me!"

# Day 56

Week 8

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# WEEK 9

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 57

Week 9

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Wake up with determination, go to bed with satisfaction"

# Day 58

Week 9

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 59

Week 9

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Small changes eventually add up to huge results"

# Day 60

Week 9

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Success isn't given, it's earned"



# 60 DAY CHECK-IN

How is it going? Do you need to readjust your goals? Or are you still on track?

Look back at your symptoms from Week 1. Do you still have all of them? If not, which ones are gone? What about from Day 30?

Any new symptoms? (This is perfectly normal - as you become more in tune with your body you'll notice more and more and sometimes even get super nitpicky.)

Weight is not everything and it might not even be important if you are trying to rid your body of inflammation. Once the body heals, it will "right size" itself. If you are keeping track though, write your starting weight and your 30 and 60 day weights below.

Starting Weight \_\_\_\_\_

Day 30 Weight \_\_\_\_\_

Day 60 Weight \_\_\_\_\_



# Day 61

Week 9

Date

Weight

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**Meals:**

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**Snacks:**

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**Sleep:**

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

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**Movement:**

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**Energy Level:**

1 2 3 4 5 6 7 8 9 10

**Stress Level:**

1 2 3 4 5 6 7 8 9 10

**Notes:** (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

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"Winners are not people who never fail, but people that never quit"

# Day 62

Week 9

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 63

Week 9

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

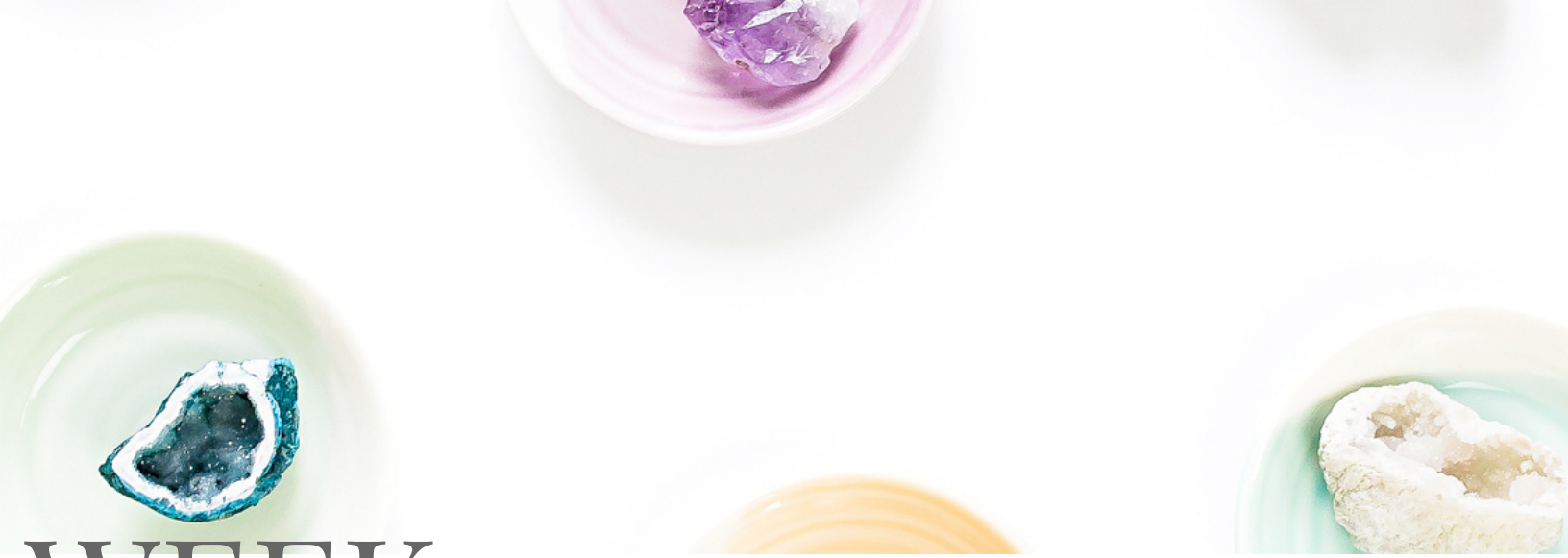
Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# WEEK 10

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 64

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Slow progress is better than no progress"

# Day 65

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 66

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# Day 67

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Excuses will always be there for you, opportunity won't"

# Day 68

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 69

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 70

Week 10

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# WEEK 11

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 71

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"You are so much stronger than you think"

# Day 72

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"You are so much stronger than you think"

# Day 73

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# Day 74

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 75

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"You are so much stronger than you think"

# Day 76

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"You are so much stronger than you think"

# Day 77

Week 11

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# WEEK 12

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 78

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"You are so much stronger than you think"

# Day 79

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 80

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# Day 81

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 82

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 83

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 84

Week 12

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# WEEK 13

Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

# Day 85

Week 13

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 86

Week 13

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 87

Week 13

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:   

COMMENTS:

Movement:

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):



# Day 88

Week 13

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"You are so much stronger than you think"

# Day 89

Week 13

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10      QUALITY:   

COMMENTS:

Movement:

Energy Level:      1 2 3 4 5 6 7 8 9 10

Stress Level:      1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

# Day 90

Week 13

Date

Weight

Meals:

Snacks:

Sleep:

HOURS: 4 5 6 7 8 9 10

QUALITY:



COMMENTS:

Movement:

Energy Level:

1 2 3 4 5 6 7 8 9 10

Stress Level:

1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"You are so much stronger than you think"

# 90 DAY CHECK-IN

How is it going? Do you need to readjust your goals? Or are you still on track?

Look back at your symptoms from Week 1. Do you still have all of them? If not, which ones are gone? What about from Day 30?

Any new symptoms? (This is perfectly normal - as you become more in tune with your body you'll notice more and more and sometimes even get super nitpicky.)

Weight is not everything and it might not even be important if you are trying to rid your body of inflammation. Once the body heals, it will "right size" itself. If you are keeping track though, write your starting weight and your 30 and 60 day weights below.

Starting Weight \_\_\_\_\_

Day 30 Weight \_\_\_\_\_

Day 60 Weight \_\_\_\_\_

Day 90 Weight \_\_\_\_\_



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