Daily Exercise Checklist

Print seven copies and use one for each day.

Begin Date:	Day:	1	2	3	4	5	6	7
Did you get any exercise today? If yes, what type?						Yes/No		
Did you exercise alone or with others?						Alone? With Others? Both?		
What time/times did you exer	cise?					Time:		
How much time did you spend exercising?						Duration:		
Did you receive any intuitive messages or insights while exercising? If yes, describe.						Yes/No		
Did you accomplish more or less today than you typically do?						Yes/No		
If you exercised yesterday, did you sleep better last night?					Yes/No			

Exercise Patterns Recap

At the end of the week, note any patterns you discovered.

1	When do you prefer to exercise?
2	Do you prefer exercising alone? With others? Both at different times?
3	What do you like or dislike about your exercise?
4	What correlations did you notice between your exercise and daily accomplishments?
5	Did you notice any correlation between exercise and positive emotions or mental states?
6	What did you notice about your prosperity this week (discounts, bonuses, gifts, more/less income, higher/lower expenses, etc.)?
7	Are there any exercise patterns you would like to shift?