



Weekly Symptom, Food, Water, Activity and Sleep

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Week -

Note -

1. Symptoms - log mental (mood, anxiety), physical symptoms, hot flashes, headaches, libido etc.
2. Food - Log everything that goes in your mouth (even leftovers of kids) and ideally the portions too.
3. Sleep - Log your sleep hours and quality of sleep.
4. Activity - Write the type and intensity of activity (for eg. 20 mins intense swimming, 30 min casual walking)

	Monday	Tuesday	Wednesday	Thursday
Symptoms				
Breakfast	Time -	Time -	Time -	Time -
Lunch +Snacks	Time -	Time -	Time -	Time -
Dinner	Time -	Time -	Time -	Time -
Hydration				
Activity	Time -	Time -	Time -	Time -
Sleep (hours and quality)				

“Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together.”—Diane McLaren



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Week -

	Friday	Saturday	Sunday	How did you feel this week?
Symptoms				
Breakfast	Time -	Time -	Time -	
Lunch +Snacks	Time -	Time -	Time -	
Dinner	Time -	Time -	Time -	
Hydration				
Activity	Time -	Time -	Time -	
Sleep (hours and quality)				

“The strongest actions for a woman is to love herself, be herself and shine amongst those who never believed she could.” – Unknown