

Conscious Being

JANUARY



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

Add detail here

It's just a number. You can make it up.

Did you align/drop in at least once in whatever form supports you most? Yes / No. Why or Why not?

Mark S (spend) for not useful purchases and I (invest) for purchases that were an investment in you.

How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	1/1/17														
Monday	1/2/17														
Tuesday	1/3/17														
Wednesday	1/4/17														
Thursday	1/5/17														
Friday	1/6/17														
Saturday	1/7/17														
Sunday	1/8/17														
Monday	1/9/17														
Tuesday	1/10/17														
Wednesday	1/11/17														
Thursday	1/12/17														
Friday	1/13/17														
Saturday	1/14/17														
Sunday	1/15/17														
Monday	1/16/17														
Tuesday	1/17/17														
Wednesday	1/18/17														
Thursday	1/19/17														
Friday	1/20/17														
Saturday	1/21/17														
Sunday	1/22/17														
Monday	1/23/17														
Tuesday	1/24/17														
Wednesday	1/25/17														
Thursday	1/26/17														
Friday	1/27/17														
Saturday	1/28/17														
Sunday	1/29/17														
Monday	1/30/17														
Tuesday	1/31/17														

Conscious Being

FEBRUARY



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

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Did you align/drop in at least once in whatever form supports you most? Yes / No. Why or Why not?

Mark S (spend) for not useful purchases and I (invest) for purchases that were an investment in you.

How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	2/1/17														
Monday	2/2/17														
Tuesday	2/3/17														
Wednesday	2/4/17														
Thursday	2/5/17														
Friday	2/6/17														
Saturday	2/7/17														
Sunday	2/8/17														
Monday	2/9/17														
Tuesday	2/10/17														
Wednesday	2/11/17														
Thursday	2/12/17														
Friday	2/13/17														
Saturday	2/14/17														
Sunday	2/15/17														
Monday	2/16/17														
Tuesday	2/17/17														
Wednesday	2/18/17														
Thursday	2/19/17														
Friday	2/20/17														
Saturday	2/21/17														
Sunday	2/22/17														
Monday	2/23/17														
Tuesday	2/24/17														
Wednesday	2/25/17														
Thursday	2/26/17														
Friday	2/27/17														
Saturday	2/28/17														

Conscious Being

MARCH



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

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It's just a number. You can make it up.

Did you align/drop in at least once in whatever form supports you most? Yes / No. Why or Why not?

Mark S (spend) for not useful purchases and I (invest) for purchases that were an investment in you.

How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	3/1/17														
Monday	3/2/17														
Tuesday	3/3/17														
Wednesday	3/4/17														
Thursday	3/5/17														
Friday	3/6/17														
Saturday	3/7/17														
Sunday	3/8/17														
Monday	3/9/17														
Tuesday	3/10/17														
Wednesday	3/11/17														
Thursday	3/12/17														
Friday	3/13/17														
Saturday	3/14/17														
Sunday	3/15/17														
Monday	3/16/17														
Tuesday	3/17/17														
Wednesday	3/18/17														
Thursday	3/19/17														
Friday	3/20/17														
Saturday	3/21/17														
Sunday	3/22/17														
Monday	3/23/17														
Tuesday	3/24/17														
Wednesday	3/25/17														
Thursday	3/26/17														
Friday	3/27/17														
Saturday	3/28/17														
Sunday	3/29/17														
Monday	3/30/17														
Tuesday	3/31/17														

Conscious Being

APRIL



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

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It's just a number. You can make it up.

Did you align/drop in at least once in whatever form supports you most? Yes / No. Why or Why not?

Mark S (spend) for not useful purchases and I (invest) for purchases that were an investment in you.

How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	4/1/17														
Monday	4/2/17														
Tuesday	4/3/17														
Wednesday	4/4/17														
Thursday	4/5/17														
Friday	4/6/17														
Saturday	4/7/17														
Sunday	4/8/17														
Monday	4/9/17														
Tuesday	4/10/17														
Wednesday	4/11/17														
Thursday	4/12/17														
Friday	4/13/17														
Saturday	4/14/17														
Sunday	4/15/17														
Monday	4/16/17														
Tuesday	4/17/17														
Wednesday	4/18/17														
Thursday	4/19/17														
Friday	4/20/17														
Saturday	4/21/17														
Sunday	4/22/17														
Monday	4/23/17														
Tuesday	4/24/17														
Wednesday	4/25/17														
Thursday	4/26/17														
Friday	4/27/17														
Saturday	4/28/17														
Sunday	4/29/17														
Monday	4/30/17														

Conscious Being

MAY



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

Add detail here

It's just a number. You can make it up.

Did you align/drop in at least once in whatever form supports you most? Yes / No. Why or Why not?

Mark S (spend) for not useful purchases and I (invest) for purchases that were an investment in you.

How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	5/1/17														
Monday	5/2/17														
Tuesday	5/3/17														
Wednesday	5/4/17														
Thursday	5/5/17														
Friday	5/6/17														
Saturday	5/7/17														
Sunday	5/8/17														
Monday	5/9/17														
Tuesday	5/10/17														
Wednesday	5/11/17														
Thursday	5/12/17														
Friday	5/13/17														
Saturday	5/14/17														
Sunday	5/15/17														
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Thursday	5/26/17														
Friday	5/27/17														
Saturday	5/28/17														
Sunday	5/29/17														
Monday	5/30/17														
Tuesday	5/31/17														

Conscious Being

JUNE



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

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Did you align/drop in at least once in whatever form supports you most? Yes / No. Why or Why not?

Mark S (spend) for not useful purchases and I (invest) for purchases that were an investment in you.

How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	6/1/17														
Monday	6/2/17														
Tuesday	6/3/17														
Wednesday	6/4/17														
Thursday	6/5/17														
Friday	6/6/17														
Saturday	6/7/17														
Sunday	6/8/17														
Monday	6/9/17														
Tuesday	6/10/17														
Wednesday	6/11/17														
Thursday	6/12/17														
Friday	6/13/17														
Saturday	6/14/17														
Sunday	6/15/17														
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Tuesday	6/24/17														
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Thursday	6/26/17														
Friday	6/27/17														
Saturday	6/28/17														
Sunday	6/29/17														
Monday	6/30/17														

Conscious Being

JULY



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

Add detail here

It's just a number. You can make it up.

Did you align/drop in at least once in whatever form supports you most? Yes / No. Why or Why not?

Mark S (spend) for not useful purchases and I (invest) for purchases that were an investment in you.

How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	7/1/17														
Monday	7/2/17														
Tuesday	7/3/17														
Wednesday	7/4/17														
Thursday	7/5/17														
Friday	7/6/17														
Saturday	7/7/17														
Sunday	7/8/17														
Monday	7/9/17														
Tuesday	7/10/17														
Wednesday	7/11/17														
Thursday	7/12/17														
Friday	7/13/17														
Saturday	7/14/17														
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Tuesday	7/24/17														
Wednesday	7/25/17														
Thursday	7/26/17														
Friday	7/27/17														
Saturday	7/28/17														
Sunday	7/29/17														
Monday	7/30/17														
Tuesday	7/31/17														

Conscious Being

AUGUST



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

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Mark S (spend) for not useful purchases and I (invest) for purchases that were an investment in you.

How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	8/1/17														
Monday	8/2/17														
Tuesday	8/3/17														
Wednesday	8/4/17														
Thursday	8/5/17														
Friday	8/6/17														
Saturday	8/7/17														
Sunday	8/8/17														
Monday	8/9/17														
Tuesday	8/10/17														
Wednesday	8/11/17														
Thursday	8/12/17														
Friday	8/13/17														
Saturday	8/14/17														
Sunday	8/15/17														
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Sunday	8/22/17														
Monday	8/23/17														
Tuesday	8/24/17														
Wednesday	8/25/17														
Thursday	8/26/17														
Friday	8/27/17														
Saturday	8/28/17														
Sunday	8/29/17														
Monday	8/30/17														
Tuesday	8/31/17														

Conscious Being

SEPTEMBER



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

Add detail here

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Mark S (spend) for not useful purchases and I (invest) for purchases that were an investment in you.

How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	9/1/17														
Monday	9/2/17														
Tuesday	9/3/17														
Wednesday	9/4/17														
Thursday	9/5/17														
Friday	9/6/17														
Saturday	9/7/17														
Sunday	9/8/17														
Monday	9/9/17														
Tuesday	9/10/17														
Wednesday	9/11/17														
Thursday	9/12/17														
Friday	9/13/17														
Saturday	9/14/17														
Sunday	9/15/17														
Monday	9/16/17														
Tuesday	9/17/17														
Wednesday	9/18/17														
Thursday	9/19/17														
Friday	9/20/17														
Saturday	9/21/17														
Sunday	9/22/17														
Monday	9/23/17														
Tuesday	9/24/17														
Wednesday	9/25/17														
Thursday	9/26/17														
Friday	9/27/17														
Saturday	9/28/17														
Sunday	9/29/17														
Monday	9/30/17														

Conscious Being

OCTOBER



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

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How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	10/1/17														
Monday	10/2/17														
Tuesday	10/3/17														
Wednesday	10/4/17														
Thursday	10/5/17														
Friday	10/6/17														
Saturday	10/7/17														
Sunday	10/8/17														
Monday	10/9/17														
Tuesday	10/10/17														
Wednesday	10/11/17														
Thursday	10/12/17														
Friday	10/13/17														
Saturday	10/14/17														
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Saturday	10/21/17														
Sunday	10/22/17														
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Tuesday	10/24/17														
Wednesday	10/25/17														
Thursday	10/26/17														
Friday	10/27/17														
Saturday	10/28/17														
Sunday	10/29/17														
Monday	10/30/17														
Tuesday	10/31/17														

Conscious Being

NOVEMBER



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

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How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	11/1/17														
Monday	11/2/17														
Tuesday	11/3/17														
Wednesday	11/4/17														
Thursday	11/5/17														
Friday	11/6/17														
Saturday	11/7/17														
Sunday	11/8/17														
Monday	11/9/17														
Tuesday	11/10/17														
Wednesday	11/11/17														
Thursday	11/12/17														
Friday	11/13/17														
Saturday	11/14/17														
Sunday	11/15/17														
Monday	11/16/17														
Tuesday	11/17/17														
Wednesday	11/18/17														
Thursday	11/19/17														
Friday	11/20/17														
Saturday	11/21/17														
Sunday	11/22/17														
Monday	11/23/17														
Tuesday	11/24/17														
Wednesday	11/25/17														
Thursday	11/26/17														
Friday	11/27/17														
Saturday	11/28/17														
Sunday	11/29/17														
Monday	11/30/17														

Conscious Being

DECEMBER



Use this sheet to visually see how you're showing up and what you are consuming. Track what you choose by placing a strike - | - for each time you consumed that item. For areas like Exercise you can put more detail. Make sure to track at least 7 days so you can see where your patterns lie. This is an exercise in noticing.

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Did you align/drop in at least once in whatever form supports you most? Yes / No. Why or Why not?

Mark S (spend) for not useful purchases and I (invest) for purchases that were an investment in you.

How many hours per night?

What are you consuming useful or not useful thoughts?

	Date	Gluten	Dairy	Soy	Sugar	Carbs	Alcohol	Meat	Green	Exercise	Weight	Noise/Meditation	Spend / Invest	Sleep	Thoughts
Sunday	12/1/17														
Monday	12/2/17														
Tuesday	12/3/17														
Wednesday	12/4/17														
Thursday	12/5/17														
Friday	12/6/17														
Saturday	12/7/17														
Sunday	12/8/17														
Monday	12/9/17														
Tuesday	12/10/17														
Wednesday	12/11/17														
Thursday	12/12/17														
Friday	12/13/17														
Saturday	12/14/17														
Sunday	12/15/17														
Monday	12/16/17														
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Thursday	12/19/17														
Friday	12/20/17														
Saturday	12/21/17														
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Tuesday	12/24/17														
Wednesday	12/25/17														
Thursday	12/26/17														
Friday	12/27/17														
Saturday	12/28/17														
Sunday	12/29/17														
Monday	12/30/17														
Tuesday	12/31/17														