

MyYogi WARRIOR

Daily Training Log

DATE:

How are you feeling? (Rate 1-10)

M A E

Sleep

_____ POWER DOWN TIME
 _____ ASLEEP TIME
 _____ WAKE TIME
 _____ POWER UP TIME
 BEDROOM EMF FREE

Water

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	100	120	140	160	180
200	220	240	260	280	300

Breathwork

↑ BREATH OF FIRE (1-10 minutes)
 ↓ 529 BREATH (10 breaths x3)
 ↔ NADISHODANA (20 breaths x2)
 ↓ NATURE BREATHING (5+ minutes)

Selfcare

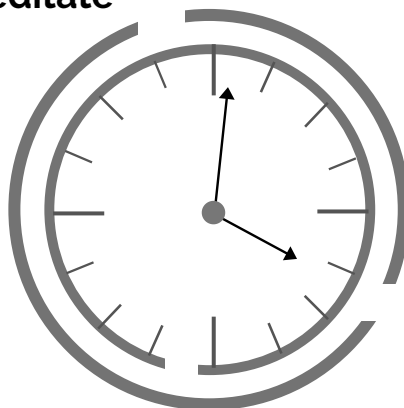
OIL PULLING
 TONGUE CLEANING
 LYMPHATIC MASSAGE
 NIGHTLY HANDS & FEET
 CRY

Warrior Wisdom ...

Phone Use

<input type="text"/>	<input type="text"/>	1H
<input type="text"/>	<input type="text"/>	2H
<input type="text"/>	<input type="text"/>	3H
<input type="text"/>	<input type="text"/>	4H

Meditate



Nutrition

BREAKFAST:
 INTERMITTENT FAST

LUNCH:
 INTERMITTENT FAST

DINNER:
 INTERMITTENT FAST

Move

FLEXIBILITY
 Morning Spinal 7
 Shoulder 7
 Hips 7

STRENGTH
 Plank (2x/day)
 Core 7

BALANCE
 Sun Salutation A or/& B (7x)

ENDURANCE
 30 min. _____

I will let go of ...

Vitamins & Supplements

DAILY MULTIVITAMIN
 ZINC (10mg/day)
 D3 (1,000 IU/day)
 B12 (500 mcg/day)
 TUMERIC TEA/LATTE

Joy

DANCE PARTY
 NATURE WALK
 READ (NOT ON YOUR PHONE)
 CREATE SOMETHING

Social Nearing

① _____
 ② _____
 ③ _____

My Daily Journal

What are you thinking? How are you feeling?

Who are you?

What is your DREAM?

"The secret to life
is to fall down
seven times, but
get up eight
times."
- Paul Coelho

Notes