EXAMPLE OF MY SELF-ASSESSMENT JOURNAL

(Before Commencing My Self-Improvement Program) Week of April 8

	MON	TUE	WED	THU	FRI	SAT	SUN	WEEK AVG	GRADE
Sleep	6 hrs	7 hrs	7 hrs	8 hrs	8 hrs	6 hrs	5 hrs	6.7 hrs	Poor
Breakfast (Food/Drink)	Croissant,Tea	Oatmeal, Tea	Yogurt, Tea	Croissant,Tea	Oatmeal, Tea	Oatmeal, Coffee	Oatmeal, Coffee	Not varied	Poor
Breakfast (Location)	Kitchen table	Kitchen table	Desk	Caffé	Kitchen table	Kitchen table	Kitchen table	Kitchen table	Good
Lunch (Food/Drink)	Barley, Fruit Water	Fish, Salad Water	Fish, Salad Water	Salad, Fruit Water	Meat, Vegetables Water	Meat, Salad Water	Pasta, Fruit Water	Varied	Good
Lunch (Location)	Kitchen table	Restaurant	Kitchen table	Restaurant	Kitchen table	Kitchen table	Kitchen table	Kitchen table	Good
Dinner (Food/Drink)	Meat,vegetables Water	Tacos,Salad,Fruit Water	Pasta, Fruit Water	Soup, Fruit Water	Fish, Vegetables Wine	Meat, Vegetables Wine	Pizza Water	Varied	Good
Dinner (Location)	Kitchen Table	Kitchen Table	Kitchen table	Kitchen table	Kitchen table	Kitchen table	Pizzeria	Kitchen table	Good
Inbetween snack (Food/Drink)	Coffee	Banana	Apple	Crackers	Apple	Banana	Banana	Varied	Good
Inbetween snack (Location)	Kitchen table	On the go	On the go	Desk	Desk	On the go	On the go	On the go	Poor
Exercise	No	No	No	No	Yes	Yes	No	—	Poor
Walking	No	40 minutes	No	40 minutes	No	5 minutes	No	12 Min	Poor
Speech	Fast	Fast	Breathless	Breathless	Fast	Breathless	Fast	—	Poor
Outdoors	No	40 minutes	No	40 minutes	No	5 minutes	10 minutes	13 Min	Poor
Thoughts	Anxious	Anxious	Rushed	Anxious	Anxious	Anxious	Anxious	Anxious	Poor
Particular Event	Couldn't find parking spot	—	—	—	Had Dental Work Pain	—	—	—	—
Actions	Restlessness	—	—	—	Aggravation	—	—	—	Poor
Time Wasters	Research	Email	Email	Social Media	Social Media	Email	Email	—	Poor
Time Fillers	Multitasking	Multitasking	Multitasking	Multitasking	Multitasking	Multitasking	Multitasking	Multitasking	Poor
Time Debilitators	News	News	News	News	News	News	Negative person	News	Poor