

Daily Awareness Tracker

A simple tool to help you notice patterns in food, mood, digestion, and daily wellness rhythms



HOW TO USE THIS TRACKER

This tracker is designed to help you gently notice patterns in your daily wellness rhythms without pressure or perfection.

Use it as a simple awareness tool to observe connections between:

- food and digestion
- mood and energy
- sleep and stress
- hydration and daily habits

The goal is not to track perfectly, but to build greater awareness and stewardship over time.



Grace over pressure

DAILY AWARENESS TRACKER

DATE



SLEEP



WATER INTAKE





MEALS & SNACKS

What meals/snacks/drinks did I enjoy today?



MOOD & ENERGY

How am I feeling physically and emotionally today?



DIGESTION

Notice digestion, bloating, discomfort, regularity, or other patterns



STRESS & DAILY RHYTHM

What may have affected my stress, rest, or overall wellness today?



NOTES/ PATTERNS NOTICED

What am I noticing today without judgement?



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REFLECTIONS & AWARENESS

Take a moment to pause and reflect on what you have been noticing throughout the week.

Awareness is not about perfection, but about learning to listen to your body with greater compassion, curiosity, and stewardship

Reflection Prompts

What foods or meals helped me feel nourished?

What patterns did I notice in my mood, energy, or digestion?

How did stress, sleep, or daily rhythms affect my wellness?

What small habit supported me this week?

What is one gentle next step I can take moving forward?



Small daily awareness can lead to meaningful long-term change

GENTLE WELLNESS PRACTICES

Hydration

Aim to drink water consistently throughout the day.

Morning Light

Spend a few minutes outside in natural light when possible.

Balanced Meals

Try pairing protein, healthy fats, and fiber-rich foods.

Gentle Movement

Short walks and stretching can support stress regulation and digestion.

Rest & Prayer

Create small moments of quiet rest throughout the day.



THANK YOU FOR DOWNLOADING

Thank you for allowing Four Winds Functional Nutrition to be part of your wellness journey.

We pray this simple tool helps you grow in greater awareness, stewardship, and grace as you care for your body, mind, and spirit.

Explore More Resources

- Rooted & Radiant Journal <https://www.amazon.com/Rooted-Radiant-Catholic-Journal-Spirit/dp/B0GYNF46WS>
- Full of Grace Wellness Programs
- Functional Nutrition Coaching

Four Winds Functional Nutrition

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