

Trust Your Journey

Improve Your Sleep Workshop

With Coach Victoria (tori) Zinser

A 4 Week Deep Dive into taking your habits to the
Mirror for Maximizing your Sleep

We start the 3rd Saturday of August!



newblueconnections.com

WEEKLY WELLNESS JOURNAL

MONTH: _____



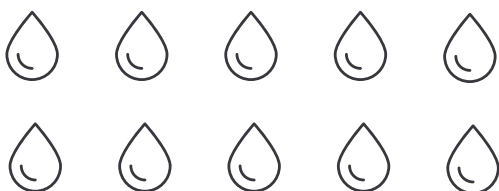
WEEK ONE: UNDERSTANDING SLEEP

- ☐ SLEEP SCHEDULE
- ☐ SLEEP DURATION
- ☐ SLEEP QUALITY
- ☐ PRE SLEEP ROUTINE
- ☐ JOURNAL DREAMS

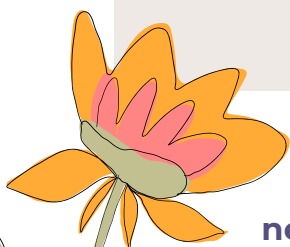
WEEK TWO: ENVIRONMENTAL AND DIETARY INFLUENCES

- ☐ STRESS LEVELS
- ☐ MOOD AND ENERGY LEVELS
- ☐ MENTAL STATE
- ☐ MORNING FEELINGS
- ☐ ACTIVITY LEVELS

WATER INTAKE:



WELLNESS TIP OF THE MONTH:



WEEK THREE: MINDFULNESS AND RELAXATION

- ☐ DIET AND FOOD INTAKE
- ☐ HYDRATION
- ☐ BEDROOM SETUP
- ☐ NOISE LEVELS
- ☐ ROOM TEMPERATURE
- ☐ ELECTRONICS

WEEK FOUR: REVIEW AND REFINE (MEET WITH TORI)

- ☐ SLEEP COMPARISON: BEFORE AND AFTER
- ☐ TRENDS AND PATTERNS
- ☐ DIETARY ADJUSTMENTS
- ☐ ENVIRONMENTAL MODIFICATIONS
- ☐ CHALLENGES AND EXTERNAL BARRIERS
- ☐ EFFECTIVENESS OF CHANGES MADE
- ☐ FUTURE SLEEP GOALS

NUTRITION TIPS:

- ☐ EAT A BALANCED BREAKFAST
- ☐ PLAN HEALTHY MEALS FOR THE DAY
- ☐ SNACK ON FRUITS OR NUTS
- ☐ STAY HYDRATED THROUGHOUT THE DAY

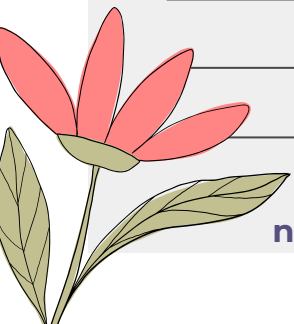
NOTES:

My Notes

WEEK ONE:

UNDERSTANDING SLEEP

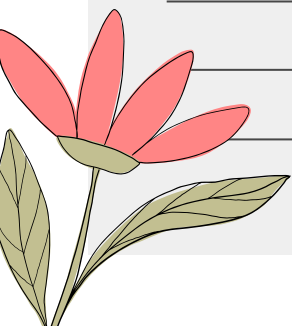
Date: _____

[illegible]

My Notes

WEEK ONE: UNDERSTANDING SLEEP

Date: _____

[illegible]

My Notes

WEEK TWO: MINDFULNESS AND RELAXATION

Date: _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, stylized orange tab or piece of paper sticking out from under the main sheet.

My Notes

WEEK TWO: MINDFULNESS AND RELAXATION

Date: _____

[illegible]

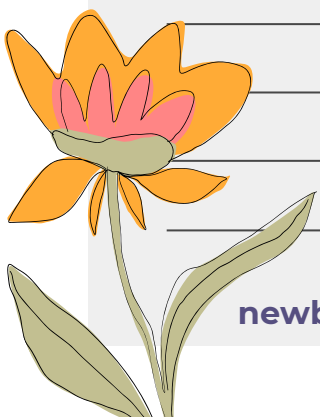
WEEK THREE: ENVIRONMENTAL AND DIETARY INFLUENCES

[illegible]

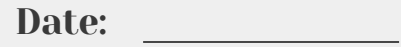
My Notes

WEEK THREE: ENVIRONMENTAL AND DIETARY INFLUENCES

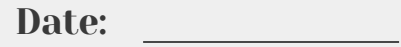
Date: _____

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom-left corner, there is a small, stylized illustration of a yellow flower with five petals, a pink center, and a single green leaf. The rest of the page is empty.

WEEK FOUR: REVIEW AND REFINE

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WEEK FOUR: REVIEW AND REFINE



newblueconnections.com

My Results

Name _____

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.