

# Appendix E: Success Tool # 10 - Foundations Success Journal

#1 Chart Cycle C-Day: \_\_\_\_\_ Date: \_\_\_\_\_ Day: \_\_\_\_\_

Weight: \_\_\_\_\_ Bloat Factor 1 - 2 - 3

**HORMONES** Note Effects: (good or bad)

How did I feel last month on this C-day?

#2 Am I **Buffing** or **Boosting**?

#3 MY "Truth Hammer": **BELIEVE!**

#4 PMA "Focus on Solutions"  
Take Action List:

**PRIORITY LEVEL**

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
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#5 Who did I energize today?  
(energy seeds)

#6 **LEGACY PERSPECTIVE!**  
In the last day DID YOU?:

Have PMA?	Y N	Care for YOU	Y N
Say, "I love you"	Y N	Work hard	Y N
Laugh or Smile	Y N	Eat Well	Y N
Praise Others	Y N		Y N
Complain or Yell	Y N		Y N

#7 The Little Things = **MOMENTUM!**

The little things I did today


- "5 MIN Mojo"
- Drink 10oz. H<sub>2</sub>O
  - MARCH 1 min.
  - 5 FULL breaths
  - STRETCH 1 min.
  - Eat a GREEN!

#8 POA warm up!  
mode & min. \_\_\_\_\_

Mood:    Time: \_\_\_\_\_

Intensity: 1 - 2 - 3

Weight x Reps

Exercises: Set 1 Set 2 Set 3 Set 4


Any PB's? Sore?

Daily Core:

**"BuffMotherobics"**

or Other Cardio:

EXTRAS? shop walk clean play sex

#9 The 5 - 4 - 3 - 2 - 1 Diet (K.I.S.S.)

P P P P P

Supplements:

C C C C C

F F F

G G \_ \_

T

HT Pill? Y N

W W W W W W W W W W W W W W W W

Pre-WO Meal: \_\_\_\_\_

Post-WO Meal: \_\_\_\_\_

Thoughts / Notes / Prayers:

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