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## 10 Day Reset - Tracking Sheet

Welcome to the 10 Day Reset Program! This record sheet is an essential tool for your success. It has been proven time and time again that if you write down what you plan to do, what you are doing and what you have done it keeps you on track. Behaviour +K knowledge + Attitude=SUCCESS!

Don't forget to take your 3 BEFORE PICTURES (front, side & back shots) it's so important!!!! The scale is not the best indication of your success. How you feel and vibrate with energy is a wonderful way to know you achieving optimal health!

Here's how to use this Record Sheet:

Each sheet represents a week of the program and a countdown of the next 10 Days and 4 days after the Reset. Record the date in each box and then begin to record what you are working on for that day following the themes listed below. For example each Monday write what is motivating you for the week, Tuesday is reflection day, etc.

Here are the Theme Days for the program:

**MONDAY**-“Motivation Monday” What motivates you this week?

**TUESDAY**-“Thought Tuesday” This is a reflection day, how is your body feeling today?

**WEDNESDAY**-“Wellness Wednesday” Mindful habit this week for you is?

**THURSDAY**-“Thrive Thursday” What workout did you do on your own today?

**FRIDAY**-“Fantastic Friday” This is a Personal Best day, what did you accomplish with your workout Challenge today? Record the #.

**SATURDAY**-“Sizzling Sat” What workout did you do to today on your own?

**SUNDAY**- “Soulful Sunday” This is a reflection day, how is your body feeling today?

**Workouts** – Please circle whether you did a workout that day or not. Visit the Parlour Project website for the schedule of free workouts for everyone.

**Food Diary** – Record your Food on the 1-14 Day Tracking Sheet or if you need more space, make copies of the Food Diary Sheets provided if you like.

**# of Glasses of Water** –Record the # of glasses or ounces.

**Wake Up & Bed Time** –Sleep is so important and by recording your wake and bed time it may help you monitor your sleep pattern.

**Rest Time** – Each day it will be encouraged that you take a 1-2 minute break for a mindful moment. You can do this by simply putting your head down on your desk.

**Energy Today** –On a scoring system of 1-5 (5 being the highest) it is motivating to watch how your energy increases during the next 14 days and to note it.

Enjoy the journey of the next 2 weeks, it's going to be awesome!!!!!!

If you need any support or help, please contact me, I am happy to help!

Lee-Anne Simpson







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## FOOD DIARY

| DAY:          | TIME | FOOD | SERVING AMOUNT |
|---------------|------|------|----------------|
| Breakfast     |      |      |                |
| Mid Morning   |      |      |                |
| Lunch         |      |      |                |
| Mid Afternoon |      |      |                |
| Dinner        |      |      |                |

| DAY:          | TIME | FOOD | SERVING AMOUNT |
|---------------|------|------|----------------|
| Breakfast     |      |      |                |
| Mid Morning   |      |      |                |
| Lunch         |      |      |                |
| Mid Afternoon |      |      |                |
| Dinner        |      |      |                |