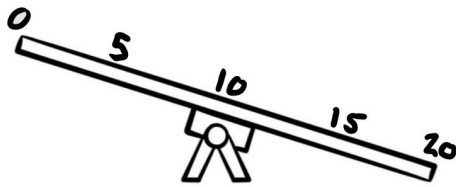


Copy or recreate these tables into your mobile notes section or another app to easily record your scores each week as you bring your days into better balance.

Active State	Creativity	Interaction	Discovery	Meaning	Movement	Reflection
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly						
Daily Average						



Restful State	Creativity	Interaction	Discovery	Meaning	Movement	Reflection
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly						
Daily Average						