
Supplements

05 SUPPLEMENTS

Based on your needs, which supplement(s) will you start with?

- Magnesium: Helps with sleep and reduces anxiety.
- Vitamin B Complex: Helps increase energy and reduces sleep disturbances.
- Omega-3 Fatty Acids: Take this if you don't eat a lot of fish
- Vitamin D: Take this if you don't spend a lot of time outside.
- Ashwagandha: Helps with physical and mental stress.

Supplement Journal

Date	Supplements Taken	Dosage

05 SUPPLEMENTS

Pause and Reflect

After a week of taking supplements, reflect on the impact:

Overall mood changes:

Changes in energy levels:

Changes in stress levels:

Other observations:

HABIT TRACKER

In the larger boxes below, write in a habit for each of the foundational five: Sleep, breathing, movement, food and supplements. For each day that you practice that habit, color in the box beside it so you can track all of your habits over time.