

# Your POWER Principles Journal

This journal has been designed to guided you step-by-step through the first 30 days of your introduction to your POWER Principles programmes at Dax Moy Personal Training Studios.

## **The idea is pretty simple really;**

We want to know EVERYTHING you do toward achieving your goals over the next 30 days. When we say 'everything' we do mean *everything!*

You see, we're all creatures of habit with nearly everything we do in life happening on automatic pilot and without conscious thought on our part. Sometimes this auto-pilot is beneficial and makes our lives easier, but mostly it just means that we relinquish control of many aspects of our lives and instead of controlling our habitual patterns of thoughts, feelings and actions, they control us.

## **Obviously, this not the best way to guarantee success...**

Instead, we need to focus intently upon what we're doing and why. We need to focus on how we're thinking, how we're feeling, what we're eating and drinking, when we're sleeping and many, many more things besides.

That's why, over the next 30 days, we want you to keep a full and thorough journal that we will use to identify habituated barriers to your success and make changes daily, as we see problems, that will ensure your success.

## **But we need your help.**

If this journal is to work, YOU need to fully participate in filling it in and YOU need to provide us with enough information to ensure your success.

Don't hold back.

Don't write down the bare minimum.

Don't 'feel silly' sharing this information.

## **We need to know!**

You've committed to a programme of goal achievement and you've chosen us to help you... so please let us!

We guarantee that if you fill in the journal everyday and bring it with you to each session with your coach that you'll achieve (and even exceed) your goals in a far faster time than you would think possible. What's more, you'll find the process easier too.

## **Why?**

Because There'll Be No Guesswork!

**We Believe That If You're Not Assessing Then You're Guessing And We Refuse To Base Your Time With Us Upon A Best-Guess, Haphazard, Chance Approach.**

This journal then, allows us to assess you not just once in a while but daily... You Cannot Fail!

## Morning MOT

What Time Did You Wake Up? \_\_\_\_\_ am/pm    Morning Heartrate \_\_\_\_\_ bpm

Did You wake in the night?    Yes/No    If so, what time/why? \_\_\_\_\_

How would you rate your **energy** upon waking?                    1 2 3 4 5 6 7 8 9 10

How would you rate your **energy** within 30 mins of waking? 1 2 3 4 5 6 7 8 9 10

How would you rate your **mood** upon waking?                    1 2 3 4 5 6 7 8 9 10

How would you rate your **mood** within 30 mins of waking? 1 2 3 4 5 6 7 8 9 10

Do you have any aches and pains?    Yes/No    Where? \_\_\_\_\_

What is/are the first 'conscious' thoughts that come to mind after waking? \_\_\_\_\_

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## Goal Getter...

Write down the primary goal that you are currently working on. The one that is most important for you to achieve right now.

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Write down *three* things that you will do today to take you closer to the achievement of that goal

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How will you feel tonight when these three things have been achieved? (*be specific!*)

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## Water Intake...

Use this section to log ALL liquids (not just water) that you consume today

Time	Fluid Type	Amount	Time	Fluid Type	Amount

## Fluid Out...

Please note the times which you visited the toilet today in order to urinate

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## Food...

Use this section to log ALL food eaten between waking up and going to bed...no matter how lit-

Time	Place	With Whom	Food Eaten	Mood/Energy Before Eating	Mood/Energy After Eating

### Activity...

Use this section to log ALL activity taken over the period between waking and going to bed.

Time	Activity (If training programme then which one?)	How Long?	Effort 1 –10	Mood Before	Mood After

### Recovery...

What did you do to unwind this evening? \_\_\_\_\_

What time did you go to bed? \_\_\_\_\_ pm How Tired Were You? 1 2 3 4 5 6 7 8 9 10

What did you do in the 2 hour period before bed? \_\_\_\_\_

When did you eat your last protein? \_\_\_\_\_

### Finally...

Did you take the three steps that you listed within your morning goals? Yes/No

If No, then why not? \_\_\_\_\_

Is there still time? Yes/ No If 'yes' then write here what you will do \_\_\_\_\_

\_\_\_\_\_

**Now, before bed, re-write your top goal here in present tense** \_\_\_\_\_

\_\_\_\_\_