

# Input Tracking (Daily)

Input	Goal	Actions Taken	Comments
<b>5N Pyramid</b>	Focus on Tier 1 & 2 foods		Are you falling off the wagon? Eating fast food or junk food?
<b>Dietary Profile</b>	Stay with consistent dietary profile		Is it working? Do you need to shift to another profile?
<b>Circadian Eating</b>	Eat during daylight hours; no eating 2-3 hours prior to bedtime		Late night eating? Too close to bedtime?
<b>Resistance Training or Higher MET activity</b>	2-3 sessions of each per week		What exercises or activities did you perform? Changes in strength or recovery?
<b>Circadian Exercise &amp; Daily Movement (Steps)</b>	Exercise during day; 4K steps daily		Did you hit 4K steps? Challenges or benefits from moving more? Exercise during the day?
<b>Sunlight (UVB &amp; NIR light)</b>	30 minutes daily		UVB for vitamin D; NIR for mitochondria function (sunrise/sunset)
<b>Circadian Light</b>	Sunlight/10K lux lamp in morning; Outdoor light during day (even when cloudy)		Impacts on mood, energy, or sleep?
<b>Social Connection</b>	Daily connection with others		Did you engage meaningfully? How did it affect your mood?
<b>Consistent Bedtime and Sleep Duration</b>	Set bedtime nightly; 8hr of sleep		Did you stick to bedtime?
<b>Daily and Life Stressors</b>	Address at least one daily & one life stressor		What stressors were addressed? Did it reduce stress or improve clarity?