

# TYR Wellness Journal Monthly Refill

# HEALTHY YOU HEALTHY TYR

Mental, Physical and Emotional Health on a Low Protein Diet

Windkriber

date:

# Today

Fill in this page daily so you can track your progress.

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### 1 = Good, 3 = Medium, 5 = Bad

### My positivity level is:

1	2	3	4	5					
My concentration is:									
1	2	3	4	5					
My mood is:									
1	2	3	4	5					
My frustration is:									
1	2	3	4	5					
My relationship with family and friends is:									

My current Tyr level is

My next blood Tyr level date

My next clinic appointment is on

My formula and/or low protein food delivery will arrive on

Monthly TYR goal

Monthly Non-TYR goal

date:

# Monthly Summary

Fill in the following pages on a monthly basis to track your progress.

### 1 = Good, 3 = Medium, 5 = Bad

### My positivity level is:

1	2	3	4	5				
My concentration is	S:							
1	2	3	4	5				
My mood is:								
1	2	3	4	5				
My frustration is:								
1	2	3	4	5				
My relationship with family and friends is:								

My current Tyr level is

My next blood Tyr level date

My next clinic appointment is on

My formula and/or low protein food delivery will arrive on

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Did you meet your monthly TYR goal

TYR goal

Non-TYR goal

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Ste	os/Exercise/Hydratic	n:						
TODAY'S GOALS				TODAY I'M GRATEFUL FOR				

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TODAY'S GOALS				TODAY I'M GRATEFUL FOR				

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Ste	os/Exercise/Hydration:					
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TODAY'S GOALS				TODAY I'M GRATEFUL FOR				

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TODAY'S GOALS						
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Weekly Review	date:
Weekly Keview	
How have you felt this week? What have you achieved this week?	
Mood Tracker Average Count up your mood levels throughout the week to see how you did!	
previous week	
this week	
Averages	
TYR/PROTEIN	
How do your averages compare to last week?	
Looking Forward	
My goals for next week	

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Ste	os/Exercise/Hydration:					
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TODAY'S GOALS				TODAY I'M GRATEFUL FOR				

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Me	als — — —		_			
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Tyr	or protein target:					
Ste	os/Exercise/Hydration:					
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TODAY'S GOALS			TODAY I'M GRATEFUL FOR		

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TODAY'S GOALS				TODAY I'M GRATEFUL FOR				

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TODAY'S GOALS			TODAY I'M GRATEFUL FOR			

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	MORNING	AFTER	NOON	EVENING	
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Ste	os/Exercise/Hydration:				
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	MORNING	AFTER	NOON	EVENING	
Me	als				
BREAKFAST		amount	H O N O H		amount
DINNER		amount	SNACKS		amount
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TODAY'S GOALS			TODAY I'M GRATEFUL FOR		

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DINNER		amount	SNACKS				amount
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TODAY'S GOALS			DAY I'M GRATEFUL FOR					

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Tyr	or protein target:						
Ste	os/Exercise/Hydration:						
TODAY'S GOALS			TODAY I'M GRATEFUL FOR				

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My goals for next week	



# You've got this!



# **CAMBROOKE**

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