

Date:



Dose Diary

Dose:

Time:

+ hours:

Alarm Set: Y / N

Affirmation:

Mindset:

CHECK-IN:

Thoughts/Mindset:

Mood/Emotion:

Energy/Motivation:

Feeling/Sensation:

EOD REVIEW:

A horizontal axis with eight points labeled **-3**, **-2**, **-1**, **0**, **+1**, **+2**, **+3**. The left end is labeled **Mind** and the right end is labeled **Body**. Below each number is a circle.

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EOD REVIEW:

A horizontal axis representing a scale from -3 to +3. The axis is labeled 'Mind' on the left and 'Body' on the right. Below the axis, there are eight circles corresponding to the values -3, -2, -1, 0, +1, +2, and +3. The circle at 0 is shaded gray, while the others are white.

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EOD REVIEW:

The diagram illustrates the relationship between Mind and Body across seven levels of consciousness. The levels are labeled -3, -2, -1, 0, +1, +2, and +3. The Mind is represented by a vertical line on the left, and the Body by a vertical line on the right. The levels are marked by circles along these lines. The level 0 is the center point where the lines meet.

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EOD REVIEW:

A diagram illustrating a horizontal axis with eight points labeled **-3**, **-2**, **-1**, **0**, **+1**, **+2**, and **+3**. Below each label is a circle. The word **Mind** is positioned to the left of the **-3** circle, and the word **Body** is positioned to the right of the **+3** circle.

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EOD REVIEW:

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