

SHT 4.0 reflection: weeks 1 & 2

name _____

date _____

positive changes I've noticed over the past 2 weeks :)

think about everything from major to subtle, physiological to mental & emotional, and everything in between. . .

any concerns or questions you need to bring to our attention?

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preliminary SHT

	# days	pts	total
"before" pictures	max 1	x 10	max 10
measurements	max 1	x 10	max 10
symptoms questionnaire	max 1	x 10	max 10
measuring progress in guide (p9)	max 1	x 10	max 10
I am the hero section in guide (p10)	max 1	x 10	max 10
envisioning statements in guide (p75)	max 1	x 10	max 10

TOTAL

lifestyle SHT

journalled	max 13	x 5	max 65
(circle one) fitness / CrossFit	max 6	x 5	max 30
16oz water	max 13	x 5	max 65

TOTAL

hero SHT

use of power-ups	max 13	x 5	max 65
contacted / updated allies	max 13	x 5	max 65
community = social media post	max 13	x 5	max 65

TOTAL

breaths =

beats =

energy =

SHC SHT

priming & practice	max 13	x 10	max 130
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TOTAL

food SHT

100% food diligence	max 13	x 20	max 260
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TOTAL