

SHT 4.0 reflection: weeks 9 & 10

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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breaths = beats = energy =

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
attended community event	max 1	x 10	max 10

TOTAL

SHC SHT

priming & practice	max 13	x 10	max 130
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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
#mineralizedhydration	max 13	x 5	max 65
#operationlightsout	max 13	x 5	max 65
sun exposure	max 13	x 5	max 65
#grounding	max 13	x 5	max 65

TOTAL

food SHT

pulse testing	max 1	x 75	max 75
100% food diligence	max 13	x 20	max 260

TOTAL