

Quarantine Recovery Program Progress Tracker



QUICKSILVER
SCIENTIFICO

Mood & energy, movement, sleep, and water intake are all variables which we can track daily. Over time we can look back and see if there have been improvements and reflect on what is working for our health and lifestyle.

- Take a moment to fill out each day on a 1-5 scale.
- This visual calendar will help you build awareness of your progress and keep your health goals on track.
- Don't forget to mark the supplement box each day after taking your Quicksilver products for a job well done!

(Feeling sad, very tired, poor sleep and no exercise) 1.....2.....3.....4.....5 (Happy mood, high energy levels, exercise routine)

1 - 5 Scale	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Mood/Energy							
Movement							
Sleep							
Water Intake							
Supplements							
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Mood/Stress							
Movement							
Sleep							
Water Intake							
Supplements				OFF	OFF	OFF	OFF
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Mood/Stress							
Movement							
Sleep							
Water Intake							
Supplements							
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Mood/Stress							
Movement							
Sleep							
Water Intake							
Supplements				OFF	OFF	OFF	OFF