



Michael Cheikin MD
Center for Optimal Health
 832 Germantown Pike, Suite 3
 Plymouth Meeting, Pennsylvania 19462
 610-239-9901 Fax 610-239-0288
drc@c4oh.org

4/21/06-6 F-FMS-DF.WPF

MORNING DASHBOARD/JOURNAL

Date:

YESTERDAY

Pain

0 5 10
 None Unbearable

Fatigue

0 5 10
 None Unbearable

Daily Activities

0 5 10
 None All

Aerobics

0 5 10
 None On Target

Yoga

0 5 10
 None On Target

Nutrition

0 5 10
 None On Target

Self Growth

0 5 10
 None On Target

Best Time of Day:

Worst Time of Day:

THIS MORNING

Quality of Sleep Last Night

0 5 10
 Horrible Excellent

Refreshed

0 5 10
 No Fully

Last Night's Sleep/Dreams:

Inner Thought of the Morning:

Diet Plan	Breakfast
	Snack
	Lunch
	Snack
	Dinner
	Snack

Today's Plan for Self-Growth:

Today's Plan for Yoga/Exercise: