

Cave Daily Log



FITNESS



NUTRITION



MENTALITY

Cold Exposure				Caloric Intake			First Meal		Rise		
Y	N			<2K	2K	>2K					
		Sweat 'til Wet?							Reading		
		Y	N	Macros					<5pg	5pg	>5pg
Sun				Protein %	Fat %	Carb %					
<20 min	>20 min								Writing		
		Grounding?							<1pg	1pg	>1pg
		Y	N				Last Meal				
Steps					Chem	Sugar	H2O	Alc	Caff	Notate Time?	
<10K	10K	>15K								Y	N
										Retire	



FITNESS



NUTRITION



MENTALITY

Cold Exposure				Caloric Intake			First Meal		Rise		
Y	N			<2K	2K	>2K					
		Sweat 'til Wet?							Reading		
		Y	N	Macros					<5pg	5pg	>5pg
Sun				Protein %	Fat %	Carb %					
<20 min	>20 min								Writing		
		Grounding?							<1pg	1pg	>1pg
		Y	N				Last Meal				
Steps					Chem	Sugar	H2O	Alc	Caff	Notate Time?	
<10K	10K	>15K								Y	N
										Retire	