

**PIVOT**  
WITH TOM FERRY

**TRACK  
YOUR  
MEDS**



30-DAY HEALTH TRACKING JOURNAL

# DAILY MEDS TRACKER

## A DAILY HEALTH ROUTINE SO YOU CAN SHOW UP AS YOUR BEST SELF

To thrive in the current environment, you need the energy and focus to show up as the best version of yourself—for your family, your community and, yes, your business.

We're using MEDS as an acronym for four key health-related disciplines that will play a huge role in how well you succeed in the “new normal” market.

Here's a breakdown of each:

### MEDITATE

Like it or not, all of the best and brightest do it. Meditation can impact both your mental and physical well-being through elimination or reduction of stress. It will also help you sleep better and achieve greater focus. If you've never done it, try it!

Here are some of our favorite meditation apps and experts:

- [Kelly Howell](#) - free guided meditations
- [Calm](#) - free app for guided meditations and sleep stories
- [Waking Up with Sam Harris](#) - mediation course from a neuroscientist's perspective
- [10% Happier](#) - app for guided meditation and practical teachings
- [Headspace](#) - meditation exercises and community

### EXERCISE DAILY

This market will likely test you more than anything you've encountered over the past seven to 10 years. You are going to need energy, physical and mental toughness, and an outlet for your pent-up stress. Exercising on a daily basis checks all those boxes. Find the time and make it happen!

Here are some ideas for home workout routines:

- [28 Best Home Workouts](#)
- [21 of the Best Exercises for Beginners to Try at Home](#)
- [From Yoga to Crossfit](#)

Consider inviting your past clients, sphere and friends to join you in your workouts! Post ideas and workouts on social to stay connected and part of the community.

## DIET

Stop stress eating and start eating for energy! Choose your foods based on the nourishment they provide.

Pam Jacobson is Tom and Kathy Ferry's personal nutritionist and energy coach. Pam has been providing health coaching in our Level Ten Health community facebook page. [Check it out!](#)

Check out these healthy eating tips from the experts:

- [How to Eat Healthy Without "Dieting"](#) (American Heart Association)
- [Best Diets for Healthy Eating](#) (U.S. News & World Report)
- [10 Tips for Healthy Eating](#) (Harvard School of Public Health)
- [How to Eat Healthy](#) (Health & Human Services)

## SLEEP

Studies show that getting eight or more hours of sleep with four deep sleep cycles reduces stress and increases your ability to manage. We're all going to need all the rest we can get to overcome the stress of a changing market. Go to bed earlier and make sleep a priority to ensure you're operating at peak performance in your waking hours.

Here are some great sleep apps:

- [Sleep Cycle](#) - Tom has been using Sleep Cycle for 2,263 nights (at the time of this writing) to track the number of deep sleep cycles. He's currently averaging 7-8 hours of sleep. And as Tom always says, when you measure performance, performance improves!
- [Pzizz](#) - App with sounds and voices designed to help you fall asleep.
- [My Sleep Button](#) - For those of you who get stuck on a thought that keeps you awake, use this app!
- [Relax Melodies](#) - Just like it sounds, music to lull you to sleep.

Use the weekly trackers to stay on course with your MEDS so that you can face each day's new challenges like a lion/lioness, not a lamb. Lead, be focused, be adaptable and thrive in your business and in all areas of your life!

# DAILY MEDS TRACKER

WEEK 1

	MEDITATION	EXERCISE	DIET	SLEEP
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# DAILY MEDS TRACKER

WEEK 2

	MEDITATION	EXERCISE	DIET	SLEEP
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# DAILY MEDS TRACKER

WEEK 3

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# DAILY MEDS TRACKER

WEEK 4

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# DAILY MEDS TRACKER

WEEK 5

	MEDITATION	EXERCISE	DIET	SLEEP
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