



SARAH'S MENO REVIVE

The 21-Day Tracker

Print it, put it where you will see it, and fill it in each evening. Small things, done most days.

My why this time: _____ the reason you will come back to on the hard days

DAY	PROTEIN each meal	MOVE 10 min	WATER fill a circle / glass	SLEEP 7 to 8 h	I FELT circle one	TODAY'S WIN, OR WHAT WAS HARD
WEEK 1 The Internal Reset						
Day 1	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 2	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 3	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 4	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 5	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 6	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 7	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
WEEK 2 Metabolic Spark						
Day 8	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 9	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 10	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 11	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 12	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 13	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 14	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
WEEK 3 The New Normal						
Day 15	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 16	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 17	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 18	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 19	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 20	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____
Day 21	☐	☐	☐ ☐ ☐ ☐ ☐ ☐	☐	☐ ☐ ☐	_____