A FREE PRACTICAL GUIDE

7 Days to Understand Your Everyday Habits

Notice your patterns. Ask better questions. Choose one manageable next step.

A starting point for adults at different ages and stages of life. No perfect scores, no detox promises, no one-size-fits-all routine.

This workbook helps you observe sleep, food, movement and daily routines. Seven days can reveal questions worth exploring; they cannot diagnose a condition or prove what caused a change.

Use the fillable boxes on a computer, or print the pages. Keep your notes with you: this PDF does not submit them to the website.

Educational, AI-assisted material; not medically reviewed. Follow any existing care plan. Ask a qualified professional about symptoms or changes that might conflict with your health needs.

YOUR SEVEN-DAY PLAN

One small focus each day.

01 Start with a normal day

Observe your routine before trying to change it. Note one thing you want to understand.

02 Look at your sleep routine

Record bedtime, wake time and how rested you feel. Estimates are fine; avoid chasing a perfect score.

03 Notice caffeine timing

Write down the time of your last caffeinated drink. Do not increase caffeine for this exercise.

04 Read one food label

Check the serving size and dietary fiber. Compare the stated serving with what you actually ate.

05 Notice movement and sitting

Record movement that fits your abilities and a long sitting period. Consider where a comfortable break might fit.

06 Spot a practical barrier

What gets in the way: schedule, tiredness, cost, pain or something else? Choose a question rather than blaming yourself.

07 Review without overclaiming

Look for repeated patterns. Choose one realistic action for next week or one question for a professional.

These prompts are editorial exercises, not a validated health assessment. You do not need to complete every activity.

A SIMPLE DAILY RECORD

Record. Don’t grade yourself.

Type brief notes below, save your PDF, or print it. Do not record sensitive details you do not want stored on your device.

Day	Sleep / rest	Food / movement	One observation
1			
2			
3			
4			
5			
6			
7			

A difficult day is information, not failure. Changes in your notes may reflect stress, illness, routine, measurement error or chance.

TAKE ONE USEFUL STEP

What will you carry forward?

One pattern or question I noticed

One manageable action for next week

When and where I can make it happen

Keep the conclusion modest.

One week of observations cannot establish cause and effect. Persistent symptoms, pain or concerns deserve professional advice rather than a score from a worksheet.

Sources and further reading

NHLBI: Sleep diary

FDA: Daily Values on food labels

CDC: Benefits of physical activity

The exercises are original editorial prompts informed by these resources, not a reproduction of a clinical questionnaire. VitalMeGuide is not affiliated with these organizations.