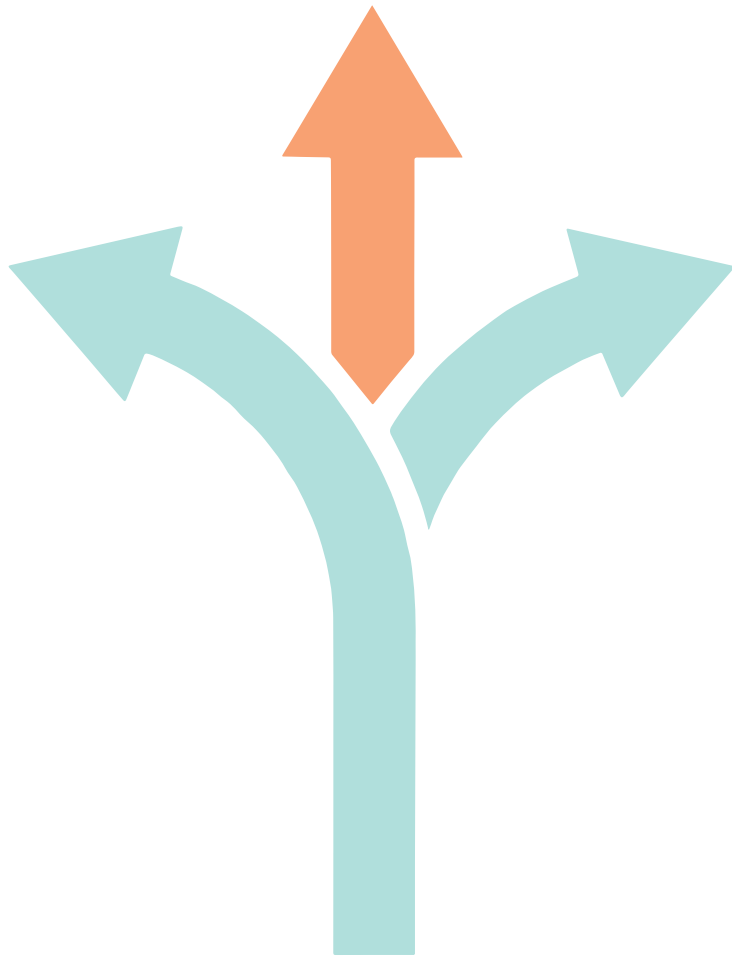


Finding wellness in the wait.



If you're waiting for your comprehensive biomarker test results, it's a good time to pause and prepare your mind and body for what comes next.

Tracking your sleep and daily wellness can help you and your care team identify patterns and establish healthy routines. Along with your test results, this exercise can help set you up for your treatment experience.



Print the next 2 pages to track your habits:

- Print **ONE** copy of the sleep tracker on page 2. This will last you a whole month.
- Print **MULTIPLE** copies of the wellness tracker on page 3. One page represents one day.



sleep at a glance

Fill this chart daily for an overview of your sleep patterns.

quality

hours

Poor 1 2 3 4 5 Great

1 2 3 4 5 6 7 8 9 10 11 12

EXAMPLE:



Shade in the squares to track how well and how long you slept.

quality

hours

Poor 1 2 3 4 5 Great

1 2 3 4 5 6 7 8 9 10 11 12

Poor 1 2 3 4 5 Great

1 2 3 4 5 6 7 8 9 10 11 12

1

WEEK ONE

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WEEK FOUR

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Sleep aids and changes to bedtime routine (what and when):

WEEK ONE:

WEEK TWO:

Sleep aids and changes to bedtime routine (what and when):

WEEK THREE:

WEEK FOUR:

date _____



daily nutrition

Today's food and water

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Hydration _____



daily wellness

Today's exercise and activity

Duration

| | |
|--|--|
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Changes in daily routines

How am I feeling today?



What's on my mind today?
