

Blue Zones Energy Reset

7-Day Simple Tracker for Steady Energy

Track your meals, habits, and how you feel—without overthinking it



Day _____

Energy Level

Morning: ○ ○ ○ ○ ○ ○

Afternoon: ○ ○ ○ ○ ○ ○

Evening: ○ ○ ○ ○ ○ ○

Meals Today

Did I stop at 80% full? Yes No

How I felt after eating

Water intake

Sleep last night: _____ hours

Mood today:

Calm Tired Focused Sluggish

My Energy *This Week*

Best day: Mon Tue Wed Thu Fri Sun

What gave me the most energy?

What drained my energy?

Did I rely on caffeine?

Not at all A Little A lot

Biggest win this week:

Simple Blue Zones Foods



Beans & Lentils

Black beans, lentils, chickpeas, soybeans



Whole Grains

Oats, quinoa, brown rice, whole wheat



Vegetables

Leafy greens, colorful veggies, sweet potatoes



Nuts & Seeds

Almonds, walnuts, chia seeds, flaxseeds

Keep it simple. Real food is enough.

7-Day Energy Habits

Habits	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Ate whole foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stopped at 80% full	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drank enough water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moved my body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoided energy crashes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total:							
