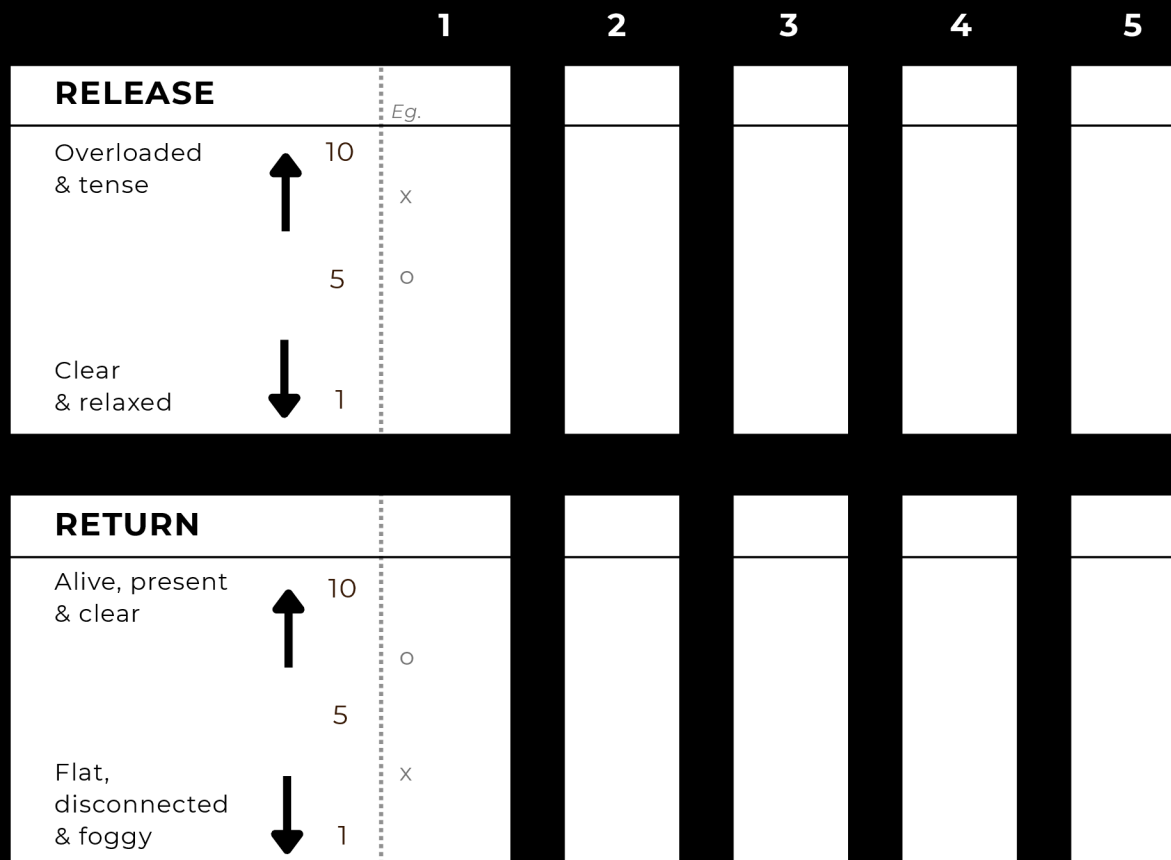


5-WEEK ALIVENESS GRAPH

WEEKS



USE THIS TRACKER BEFORE AND AFTER EACH WEEKLY WALK TO SEE WHAT SHIFTS.

X before your walk

O after your walk

RELEASE - Mental clutter / body tension

RETURN - Alive / present / clear

HOW TO USE:

- Before your walk, score how you feel and mark X in both sections (release & return)
- After your walk, score again and mark O in both sections.
- Join the marks over 5 weeks to see your pattern and what changes.

Example:

Before my walk, my mental clutter and body tension felt high, around 8, so I marked an X next to 8 in the Release section. My aliveness, presence and clarity felt low, around 3, so I marked an X next to 3 in the Return section.

After my walk, my mind and body felt less tense, around 5, so I marked an O next to 5 in the Release section. I also felt more present, clear and alive, around 7, so I marked an O next to 7 in the Return section.

WEEKEND RESET

LOW-TECH RECOVERY FOR A HIGH-TECH WORLD