



Track Down Your Biggest Happiness Saboteurs

7 DAY CHALLENGE		1	2	3	4	5	6	7	%
Main meals 3-4	YES/NO								
Snacks more then 3 in a day	YES/NO								
Coffee/ Tee after 2 p.m.	YES/NO								
Sugary or flavored drinks / Energy drinks	YES/NO								
Alcohol	YES/NO								
6 glass of water	YES/NO								
Store - bought ready meals	YES/NO								
Fast food	YES/NO								
Processed sweets	YES/NO								
Whole Fruits & Vegetables	YES/NO								
Smoothies/ Nutritional drinks.	YES/NO								
Walk/ Bike or Car/ Public Transport									
Work: Mostly sitting or Active									
Lunch at a building	YES/NO								
Elevator use / Stair use									
Physical activity/ Sport.	YES/NO								



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Sweat inducing activity	YES/NO								
Carried groceries or similar	YES/NO								
Positive thoughts/ negative Thoughts									
Felt good/unwell emotionally									
Felt fulfilled / accomplished									
Followed a planned goal	YES/NO								
Focus on personal mistakes	YES/NO								
Felt fatigued during a day	YES/NO								
Sleep duration 7-9h	YES/NO								
Constant time to get sleep _____	YES/NO								
Constant time to get up _____	YES/NO								
Woke up tired	YES/NO								
Time spent on yourself (active/ passive)									
Hobby	YES/NO								
Time spend with Family or Friends	YES/NO								
Screen time (TV, Phone, Tablet) 2h+.	YES/NO								