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## Dear Customer,

The Synergy Institute offers a whole line of ready to use Personal Development workbooks, forms, and visually-descriptive handouts in ready-to-print PDF format for you to use and it's 100% free! Our commitment has always been to provide the most effective tools for personal transformation and put them in the hands of the people who need them the most. Please feel free to print out and share these valuable resources with your friends, family and co-workers.

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[SynergyInstituteOnline.com](http://SynergyInstituteOnline.com) is one of the top personal development sites on the internet. Our site gets approximately 1,500 visitors a day who are looking for self improvement and personal growth advice and solutions. The Synergy Forms Bank offers hundreds of Personal and Professional forms, questionnaires, and visually-based material designed by the Synergy Institute and 100% free to our users.

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## What is the Synergy Institute?

The Synergy Institute is a personal development publishing and training company based out of San Diego, California. Our mission is to provide the tools and the education needed to help as many people as we can create a positive change in their lives.

### We offer:

- Life & Personal Coaching Services
- Self Improvement Resource Publishing
- Corporate Soft-Skills Training
- Personal Growth Seminars
- Personal Development Products

## Who is Tristan Loo?

**Tristan Loo** is a professional Life Coach, Author, Presenter and Founder of the Synergy Institute. He is internationally recognized as an authority on human potential, communication and personal effectiveness. Tristan's amazing success rate at having his clients reach their goals has him in high demand all over the world and has attracted the attention of an A-list clientele. His methods have been successful in helping people achieve their happiness in life where traditional approaches have consistently failed. In business settings, Tristan's practical techniques have consistently increased motivation, improved communication and increased sales. Tristan's vision is a world where every individual realizes their fullest human potential to achieve what they believe.

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# Food, Exercise and Sleep Journal

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**Instructions:** Please list all the foods and the beverages that you consume during the course of the day. Be sure to list the quantity and the location of the food consumed as well as any supplements. Record any exercise performed as well as any relaxation activities. Finally, record the quality of your sleep for the night prior. Please be as accurate as possible.

Name:		Day #:		Today's Date:	
Meal Type		Location		Beverages	Supplements
Breakfast / Time:					
Lunch / Time:					
Dinner / Time:					
Snacks / Times:					
Exercise		Relaxation			
Type		Type			
Time		Time			
Duration		Duration			
Sleep					
What Time?				Did You Awake During the Night?	Yes No
Sleep Quality	(Poor) 1 2 3 4 5 6 7 8 9 10 (Good)				
Hours of Sleep				Did You Feel Refreshed?	Yes No

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