

30-Day supravegan Challenge Journal

One page per day. Track the 6 Checks, the 3 rules, energy, digestion, mood, food, challenges, and wins.

Day 1

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 2

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 3

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 4

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 5

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 6

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 7

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 8

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 9

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 10

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 11

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 12

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 13

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 14

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 15

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 16

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 17

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 18

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 19

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 20

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 21

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 22

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 23

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 24

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 25

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 26

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 27

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 28

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 29

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

Day 30

6 Checks	Done
Greens	■
Beans/Lentils	■
Berries	■
Cruciferous	■
Onions/Garlic	■
Mushrooms, cooked	■
Ground flaxseed	■
No oil / no boxes / no shaker	■

Energy (1-10): ____ Mood (1-10): ____ Digestion notes: _____

What I ate:

Challenges:

Wins:

30-Day Review

How many days did I hit 6/6? ____ How is my energy compared to day 1? ____ What was hardest? ____ What will I continue?
