



**Rainbow Resurrection**  
**Health & Wellness**

# Baseline Week

Baseline Week is the starting point of this system. Before making changes, you will observe your current habits, health, and lifestyle patterns. This creates an honest start point so progress can be measured accurately and in line with SMART goals.

## Step 1 – Begin baseline tracking

For the next 7 days, track your normal habits and daily patterns in the Baseline planner.

Live exactly as you normally would.

Do not attempt to improve or change anything yet.

## Step 2– Observe your patterns

Throughout the week, pay attention to:

- Sleep patterns
- Energy levels
- Mood and Stress
- Eating habits
- Movement and activity
- Symptoms and discomfort

## Step 3 – Use the information gathered in your weekly planner to complete your health profile

These measurements represent your starting point and will be used to track your progress over time.

## Step 4 – Be honest with your data

Record information accurately even if the habits are not ideal.

Baseline Week is about understanding reality, not creating a perfect record.

*Once baseline week is complete, the structure and rituals will begin. Clarity now creates momentum later.*



Thursday



Friday



Saturday



Sunday



| Today's Goal:                                        |                | Today's Goal:                                        |                | Today's Goal:                                        |                | Today's Goal:                                        |                |
|------------------------------------------------------|----------------|------------------------------------------------------|----------------|------------------------------------------------------|----------------|------------------------------------------------------|----------------|
| <b>Meals:</b>                                        | <b>Snacks:</b> | <b>Meals:</b>                                        | <b>Snacks:</b> | <b>Meals:</b>                                        | <b>Snacks:</b> | <b>Meals:</b>                                        | <b>Snacks:</b> |
| 1)                                                   | 1)             | 1)                                                   | 1)             | 1)                                                   | 1)             | 1)                                                   | 1)             |
| 2)                                                   | 2)             | 2)                                                   | 2)             | 2)                                                   | 2)             | 2)                                                   | 2)             |
| 3)                                                   | 3)             | 3)                                                   | 3)             | 3)                                                   | 3)             | 3)                                                   | 3)             |
| Total Hours Sleep <input type="checkbox"/>           |                | Total Hours Sleep <input type="checkbox"/>           |                | Total Hours Sleep <input type="checkbox"/>           |                | Total Hours Sleep <input type="checkbox"/>           |                |
| Quality of sleep 1-10 <input type="checkbox"/>       |                | Quality of sleep 1-10 <input type="checkbox"/>       |                | Quality of sleep 1-10 <input type="checkbox"/>       |                | Quality of sleep 1-10 <input type="checkbox"/>       |                |
| 6:00                                                 |                | 6:00                                                 |                | 6:00                                                 |                | 6:00                                                 |                |
| 7:00                                                 |                | 7:00                                                 |                | 7:00                                                 |                | 7:00                                                 |                |
| 8:00                                                 |                | 8:00                                                 |                | 8:00                                                 |                | 8:00                                                 |                |
| 9:00                                                 |                | 9:00                                                 |                | 9:00                                                 |                | 9:00                                                 |                |
| 10:00                                                |                | 10:00                                                |                | 10:00                                                |                | 10:00                                                |                |
| 11:00                                                |                | 11:00                                                |                | 11:00                                                |                | 11:00                                                |                |
| 12:00                                                |                | 12:00                                                |                | 12:00                                                |                | 12:00                                                |                |
| 13:00                                                |                | 13:00                                                |                | 13:00                                                |                | 13:00                                                |                |
| 14:00                                                |                | 14:00                                                |                | 14:00                                                |                | 14:00                                                |                |
| 15:00                                                |                | 15:00                                                |                | 15:00                                                |                | 15:00                                                |                |
| 16:00                                                |                | 16:00                                                |                | 16:00                                                |                | 16:00                                                |                |
| 17:00                                                |                | 17:00                                                |                | 17:00                                                |                | 17:00                                                |                |
| 18:00                                                |                | 18:00                                                |                | 18:00                                                |                | 18:00                                                |                |
| 19:00                                                |                | 19:00                                                |                | 19:00                                                |                | 19:00                                                |                |
| 20:00                                                |                | 20:00                                                |                | 20:00                                                |                | 20:00                                                |                |
| 21:00                                                |                | 21:00                                                |                | 21:00                                                |                | 21:00                                                |                |
| 22:00                                                |                | 22:00                                                |                | 22:00                                                |                | 22:00                                                |                |
| <b>Review:</b>                                       |                | <b>Review:</b>                                       |                | <b>Review:</b>                                       |                | <b>Review:</b>                                       |                |
| Food choice quality 1/10 <input type="checkbox"/>    |                | Food choice quality 1/10 <input type="checkbox"/>    |                | Food choice quality 1/10 <input type="checkbox"/>    |                | Food choice quality 1/10 <input type="checkbox"/>    |                |
| Daily Movement Completed <input type="checkbox"/>    |                | Daily Movement Completed <input type="checkbox"/>    |                | Daily Movement Completed <input type="checkbox"/>    |                | Daily Movement Completed <input type="checkbox"/>    |                |
| Daily Mindfulness Completed <input type="checkbox"/> |                | Daily Mindfulness Completed <input type="checkbox"/> |                | Daily Mindfulness Completed <input type="checkbox"/> |                | Daily Mindfulness Completed <input type="checkbox"/> |                |
| Productivity: 1/10 <input type="checkbox"/>          |                | Productivity: 1/10 <input type="checkbox"/>          |                | Productivity: 1/10 <input type="checkbox"/>          |                | Productivity: 1/10 <input type="checkbox"/>          |                |
| Overall mood?.....                                   |                | Overall mood?.....                                   |                | Overall mood?.....                                   |                | Overall mood?.....                                   |                |
| Energy Levels 1/10 <input type="checkbox"/>          |                | Energy Levels 1/10 <input type="checkbox"/>          |                | Energy Levels 1/10 <input type="checkbox"/>          |                | Energy Levels 1/10 <input type="checkbox"/>          |                |
| Total Screen Time <input type="checkbox"/>           |                | Total Screen Time <input type="checkbox"/>           |                | Total Screen Time <input type="checkbox"/>           |                | Total Screen Time <input type="checkbox"/>           |                |