

Grok1

Experiment: Ongoing Wellness Experiment

Subject: Jim Rendek

Purpose: Lose Weight, Reduce Headaches and Improve Health & Fitness

*** Required**

Date: *

Weight: *

Headache: *

1 2 3 4 5 6 7 8 9 10

Worst ● ● ● ● ● ● ● ● ● ● Best

Fatigue: *

1 2 3 4 5 6 7 8 9 10

Worst ● ● ● ● ● ● ● ● ● ● Best

Sleep: *

1 2 3 4 5 6 7 8 9 10

Worst ● ● ● ● ● ● ● ● ● ● Best

Outlook: *

1 2 3 4 5 6 7 8 9 10

Worst ● ● ● ● ● ● ● ● ● ● Best

Overall: *

1 2 3 4 5 6 7 8 9 10

Worst ● ● ● ● ● ● ● ● ● ● Best

Exercise:

Weights

Walking

Other:

Exercise Comments:

Medications:

Supplements:

Food:

Comments, Changes, Observations & Results:

Submit



100%: You made it.

Never submit passwords through Google Forms.