

Online Fitness + Web 3.0

DAVID'S 28-DAY PERFORMANCE JOURNAL

FITNESS • NUTRITION • SLEEP • CAFFEINE FREE

The Fitness Metaverse

THE 4-WEEK MISSION

Build awareness, consistency and recovery by tracking training, food quality, hydration, sleep, energy, mood and a caffeine-free streak. Use the journal as a personal experiment: observe patterns, adjust behaviors, and record what improves your performance.

YoutubeFitness.com/David

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START HERE: BASELINE + GOALS

Complete before Day 1. Use the same conditions when you repeat measurements.

BODY WEIGHT

WAIST

RESTING HR

AVG SLEEP

28-DAY OUTCOME GOALS

Fitness goal: _____

Nutrition goal: _____

Sleep goal: _____

Caffeine-free reason: _____

How I want to feel on Day 28: _____

CAFFEINE-FREE LEARNING

Caffeine can temporarily increase alertness and may delay sleep when consumed too close to bedtime. This challenge focuses on learning your natural energy rhythm. If you regularly consume large amounts, consider a gradual reduction and discuss concerns with a qualified clinician.

SLEEP LEARNING

Sleep supports recovery, attention, mood and training readiness. Track bedtime, wake time, estimated sleep duration, awakenings and how rested you feel. Consistency matters as much as a single night's total.

STARTING NOTES



WEEK 1: DAILY SCORECARDS

Days 1-7 • Fill one row each evening. Add details in the notes area.

DAY	TRAIN MIN	STEPS / CARDIO	PROTEIN / FOOD	WATER	SLEEP HRS	ENERGY 1-10	MOOD 1-10	CAFFEINE 0 mg
1								■
2								■
3								■
4								■
5								■
6								■
7								■

WEEKLY NOTES + PATTERNS

Biggest win:

Hardest moment:

Best natural-energy time of day:

Training/recovery pattern noticed:

Nutrition adjustment for next week:

WEEKLY SCORE

Training days ____ / 7 Caffeine-free days ____ / 7 Avg sleep ____ hrs Avg energy ____ / 10

One behavior I will repeat next week: _____



WEEK 2: DAILY SCORECARDS

Days 8-14 • Fill one row each evening. Add details in the notes area.

DAY	TRAIN MIN	STEPS / CARDIO	PROTEIN / FOOD	WATER	SLEEP HRS	ENERGY 1-10	MOOD 1-10	CAFFEINE 0 mg
8								■
9								■
10								■
11								■
12								■
13								■
14								■

WEEKLY NOTES + PATTERNS

Biggest win:

Hardest moment:

Best natural-energy time of day:

Training/recovery pattern noticed:

Nutrition adjustment for next week:

WEEKLY SCORE

Training days ____ / 7 Caffeine-free days ____ / 7 Avg sleep ____ hrs Avg energy ____ / 10

One behavior I will repeat next week:



WEEK 3: DAILY SCORECARDS

Days 15-21 • Fill one row each evening. Add details in the notes area.

DAY	TRAIN MIN	STEPS / CARDIO	PROTEIN / FOOD	WATER	SLEEP HRS	ENERGY 1-10	MOOD 1-10	CAFFEINE 0 mg
15								■
16								■
17								■
18								■
19								■
20								■
21								■

WEEKLY NOTES + PATTERNS

Biggest win:

Hardest moment:

Best natural-energy time of day:

Training/recovery pattern noticed:

Nutrition adjustment for next week:

WEEKLY SCORE

Training days / 7 Caffeine-free days / 7 Avg sleep hrs Avg energy / 10

One behavior I will repeat next week:



WEEK 4: DAILY SCORECARDS

Days 22-28 • Fill one row each evening. Add details in the notes area.

DAY	TRAIN MIN	STEPS / CARDIO	PROTEIN / FOOD	WATER	SLEEP HRS	ENERGY 1-10	MOOD 1-10	CAFFEINE 0 mg
22								■
23								■
24								■
25								■
26								■
27								■
28								■

WEEKLY NOTES + PATTERNS

Biggest win:

Hardest moment:

Best natural-energy time of day:

Training/recovery pattern noticed:

Nutrition adjustment for next week:

WEEKLY SCORE

Training days ____ / 7 Caffeine-free days ____ / 7 Avg sleep ____ hrs Avg energy ____ / 10

One behavior I will repeat next week:



NUTRITION + HYDRATION LAB

Use this page to identify which meals support steady energy, training and recovery.

MEAL QUALITY FRAMEWORK

- PROTEIN** Include a meaningful protein source at meals.
- PLANTS** Aim for colorful vegetables and/or fruit.
- CARBS** Match carbohydrate intake to activity and personal needs.
- FATS** Include satisfying whole-food fat sources.
- HYDRATION** Track water and adjust for heat, sweat and training.

MY FOOD / ENERGY EXPERIMENTS

- Breakfast that gives me stable energy: _____
- Best pre-training meal/snack: _____
- Best post-training meal: _____
- Foods that leave me sluggish: _____
- Hydration strategy that works: _____
- Meal timing pattern I want to test: _____

NUTRITION NOTES



SLEEP + CAFFEINE-FREE RECOVERY

Track your evening routine and learn what improves next-day readiness.

BEDTIME

WAKE TIME

SLEEP HOURS

RESTED 1-10

EVENING ROUTINE CHECKLIST

- Caffeine: 0 mg
- Training finished
- Dinner complete
- Screens reduced
- Room cool/dark
- Wind-down routine
- Tomorrow planned

NATURAL ENERGY TOOLKIT

- Morning daylight
- Water + breakfast
- Short walk
- Mobility break
- Music / breathing
- Protein-rich meal
- Consistent bedtime

SLEEP & RECOVERY NOTES

What helped me fall asleep? What disrupted sleep? How did training, meals, stress and timing affect recovery?



DAY 28: RESULTS + NEXT PHASE

Compare with your baseline. Focus on patterns and behaviors, not perfection.

BODY WEIGHT

WAIST

RESTING HR

AVG SLEEP

28-DAY REVIEW

- 1. My biggest physical improvement: _____
- 2. My biggest nutrition improvement: _____
- 3. What changed when I removed caffeine: _____
- 4. My strongest sleep/recovery habit: _____
- 5. What surprised me most: _____
- 6. One habit I will keep for the next 28 days: _____

COACH / SELF-REVIEW NOTES

KEEP BUILDING THE SYSTEM.

Use the QR code to return to David's private page.

YoutubeFitness.com/David

