



DAY 15 • SEPTEMBER 28

Notice What Is Growing

You are not grading yourself. Notice what is working and choose one helpful adjustment.

MIDPOINT CHECK-IN

How I feel	Score 1–10	A quick note
Energy		
Sleep		
Digestion		
Mood		
Confidence		
Consistency		

What feels easier than it did on Day 1? _____

Where am I still getting stuck? _____

Which foundation has been most consistent—fuel, water, movement, noticing, or returning?

What is one win that has nothing to do with the scale?

What is one realistic adjustment that would make the next 15 days stronger?

Keep returning. One imperfect day does not erase what is growing.