

3-Day Body Log Sheet

3天体感记录表

Three simple fields. Fill once each day. Compare Day 1 vs Day 3.

每天三个简单字段，记录你的体感变化。

Day 1 / 第1天

1. Hours slept / 睡眠时长:

Went to bed: ____ | Woke up: ____ | Quality (1-10): ____

Notes: _____

2. Energy level / 精神能量 (1-10):

Upon waking / 晨起: ____ | Mid-afternoon / 午后: ____

Notes: _____

3. Body sensation / 体感变化:

Any new feeling, warmth, release, or tension?

是否有新的感受？发热、放松、紧绷或任何变化？

Day 2 / 第2天

1. Hours slept / 睡眠时长:

Went to bed: ____ | Woke up: ____ | Quality (1-10): ____

Notes: _____

2. Energy level / 精神能量 (1-10):

Upon waking / 晨起: ____ | Mid-afternoon / 午后: ____

Notes: _____

3. Body sensation / 体感变化:

Any new feeling, warmth, release, or tension?

是否有新的感受？发热、放松、紧绷或任何变化？

1. Hours slept / 睡眠时长:

Went to bed: ____ | Woke up: ____ | Quality (1-10): ____

Notes: _____

2. Energy level / 精神能量 (1-10):

Upon waking / 晨起: ____ | Mid-afternoon / 午后: ____

Notes: _____

3. Body sensation / 体感变化:

Any new feeling, warmth, release, or tension?

是否有新的感受？发热、放松、紧绷或任何变化？
