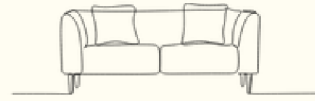


# BURNOUT

*Tracker*



**BOES THERAPY SERVICES**

HEALING FOR HEALERS

DATE:        /        /

S    M    T    W    T    F    S

## BURNOUT SYMPTOMS I HAD TODAY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## WATER INTAKE:



## WHAT WAS ON MY MIND TODAY:

\_\_\_\_\_

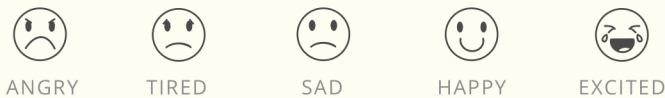
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MOOD:



## MY SLEEP LAST NIGHT WAS:

\_\_\_\_\_

## BURNOUT IS TELLING ME I NEED:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MY NUTRITION TODAY WAS:

\_\_\_\_\_

## MY BODY FELT:

\_\_\_\_\_

# BURNOUT

*Review*



**BOES THERAPY SERVICES**

HEALING FOR HEALERS

MONTH:

## MY MOST COMMON BURNOUT SYMPTOMS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## MY AVERAGE WATER INTAKE:



## WHAT WAS ON MY MIND THE MOST:

\_\_\_\_\_

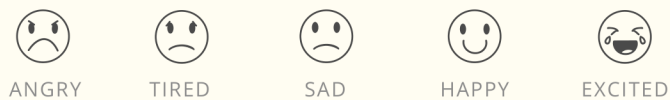
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MY AVERAGE MOOD:



## MY AVERAGE SLEEP WAS:

\_\_\_\_\_

## MY AVERAGE NUTRITION WAS:

\_\_\_\_\_

## MY AVERAGE BODILY SENSATIONS:

\_\_\_\_\_

## THIS MONTH BURNOUT TAUGHT ME I NEED TO PRIORITIZE:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_