

VAGUS NERVE HEALTH JOURNAL TEMPLATE

This journal helps you observe the effects of your daily vagus nerve exercises on your body and mind. Use it consistently to recognize patterns, track improvements, and stay motivated.

Daily Practice Log

Date: _____

Exercise(s) Practiced: _____

Duration (minutes): _____

Before Practice:

Mood (1–10): _____ 

Energy Level (1–10): _____ 

Stress/Tension Level (1–10): _____ 

Notes (How do you feel right now?): _____

After Practice:

Mood (1–10): _____ 

Energy Level (1–10): _____ 

Stress/Tension Level (1–10): _____ 

Notes (What changed after practice?): _____

Reflection Prompt of the Day:

- «How do you feel before and after today's exercise?»
- «What did you notice in your body during the practice?»
- «What felt easiest? What felt most challenging?»

Weekly Review Section

Week of: _____

- What improvements have you noticed this week?

- Which exercise(s) felt most effective for you?

- Did you notice any changes in sleep, digestion, or stress levels?

How would you rate your overall vagus nerve health this week? (1–10) _____

Monthly Progress Snapshot

- Biggest positive change noticed this month: _____
- Area that still needs attention: _____
- My personal goal for next month's practice: _____