

Date	quality	body, mind, soul	remedy	notes
8/15/2021	dry	body	warm golden milk w/oil before bed	
9/16/2021	dull	body, mind	drink spicy tea, vigorous asana	ginger, James' video
9/17/2021	heavy, dense	body, soul	light foods, exercise, self care	sm, portions, walk, steam shower
9/18/2021	dry	body	drink more water	
9/19/2021	dry	body	hydrate and lubricate	coconut oil
9/20/2021	dry	body, soul	hydrate and connect	
9/24/2021				
9/22/2021	sharp	body, mind	exercise w/lless intensity; silence	acid
9/23/2021	dull, heavy	body, mind	spicy tea, light foods	
9/24/2021	cold	body	hot tea, bath	
9/25/2021	wet	body	well-spiced food	
9/26/2021	soft	mind	physical and mental activity	SHA project; personal planning
9/27/2021	dull/sharp	mind/body	spicy tea, silence	headache
9/28/2021	sharp	mind, body	silence	headache, migraine
9/29/2021	heavy	body	small meals	
9/30/2021	dry	body	drink more water!	
10/1/2021	dry, heavy	body	hydrate and lubricate	water, yard tea, ghee
10/2/2021	dull	body, mind	kapaalabhatti, clean diet	extra water and veggies
10/3/2021	sharp	body	(clean diet)	trigger points, feeling 'toxic'
			commit to daily routine, oil massage, move slowly, focus, be still	
10/4/2021	mobile	body, mind		aches and pains, can't sit still
10/5/2021	mobile	body, mind	oil, grounding	
10/6/2021	mobile	mind	grounding	practice more!, ask for help
10/7/2021	dense	body, mind	breathing practices	stiff, but less pain; trouble concentrating/finishing
10/8/2021				