

PORVA Against The Grain Health — Instructions

Choose the calendar where the 1st of the month matches the correct weekday start. Then choose the 30-day or 31-day version depending on the month. February can use the 30-day version and ignore the extra boxes.

PORVA Against The Grain Health — Year At A Glance

Month: _____ Year: _____

Day	Jan	Feb	Mar	Apr	May	Jun
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
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22						
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24						
25						
26						
27						
28						
29						
30						
31						

PORVA Against The Grain Health — Year At A Glance

Month: _____ Year: _____

Day	Jul	Aug	Sep	Oct	Nov	Dec
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
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19						
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21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

PORVA Against The Grain Health — Calendar

Month: _____ Year: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

PORVA Against The Grain Health — Calendar

Month: _____ Year: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

PORVA Against The Grain Health — Calendar

Month: _____ Year: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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21	22	23	24	25	26	27
28	29	30	31			

PORVA Against The Grain Health — Calendar

Month: _____ Year: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
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13	14	15	16	17	18	19
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PORVA Against The Grain Health — Calendar

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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23	24	25	26	27	28	29
30	31					

PORVA Against The Grain Health — Medication Tracker

Month: _____ Year: _____

[illegible]

PORVA Against The Grain Health — Symptom Tracker

Month: _____ Year: _____

[illegible]

PORVA Against The Grain Health — Food / Reaction Tracker

Month: _____ Year: _____

[illegible]

PORVA Against The Grain Health — Sleep Tracker

Month: _____ Year: _____

[illegible]

PORVA Against The Grain Health — Blood Pressure / Heart Rate Tracker

Month: _____ Year: _____

[illegible]

PORVA Against The Grain Health — Supplement Tracker

Month: _____ Year: _____

[illegible]

PORVA Against The Grain Health — Mood Tracker

Month: _____ Year: _____

[illegible]

PORVA Against The Grain Health — Pain Tracker

Month: _____ Year: _____

[illegible]

PORVA Against The Grain Health — Glucose Ketone Fasting Tracker

Month: _____ Year: _____

[illegible]

PORVA Against The Grain Health — Digestion Stool Tracker

Month: _____ Year: _____

[illegible]

Bristol Stool Scale: 1 – Separate hard lumps 2 – Lumpy sausage 3 – Sausage with cracks 4 – Smooth sausage 5 – Soft blobs 6 – Mushy pieces 7 – Liquid

PORVA Against The Grain Health — Body Measurements and Weight Tracker

Month: _____ Year: _____

[illegible]