

**THE CHIA DIARY:  
PERI POWER EDITION  
30-DAY SERIES**



**30-DAY CHIA SEED TRACKER**

# THE CHIA DIARIES SERIES

I'll be honest with you. I'm exhausted by the wellness industry's obsession with complexity.

Every day, I hear from women just like you: "Jo, I'm so tired of trying to do 101 wellness things every day. I have a list of 47 supplements, I'm supposed to avoid 23 foods, do morning routines that take an hour, and somehow fit in meditation, strength training, and meal prep. I just want to feel better without all the BS."

Sound familiar?

That's exactly why I created The Chia Diaries: Peri Power Edition — a 30-day series that focuses on just **ONE simple, science-backed habit that can genuinely transform how you feel during perimenopause.**

We are adding 1-2 tbsp of chia seeds a day into our existing diet for 30-days! Yup, that's it. I know it seems so simple, but often it is the uncomplicated simple habits that add up to make profound changes.

I have added this simple tracker to support you along your journey.

**Now- Why I'm Betting Everything on Chia Seeds? [Click Here to Read the Blog Post and Learn The Science Behind The Chia Diaries Series](#)**

In Great Health,



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# 30-Day Chia Habit Tracker — Feel the Peri Power

Start feeling more energized, balanced, and clear—one seed at a time.

We are silencing the 101 wellness trends we are told to do every day for our hormones and adding ONE affordable seed into our daily life for 30 days. Yup that's it! One seed, 1-2 tbsp a day, added into whatever you already are eating and love for 30 days.

*How to Score Each Category (1–5 Scale) Reference on the next page*

Day	Did I eat my 1-2 tbsp of chia today?	Digestion (1-5)	Energy (1-5)	Mood (1-5)	Sleep (1-5)	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
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25						
26						
27						
28						
29						
30						

## Quick Tips to Get Your Chia In:

- Stir into yogurt or overnight oats
- Mix with nut butter for a quick dip
- Blend into smoothies or chia 'jam'
- Add to lemon water for a fiber boost

*"It's not magic—it's consistency. Tiny seeds, big shifts"*

**How to Score Each Category (1–5 Scale)**

Use this guide to rate your digestion, energy, mood, and sleep each day. The goal is to notice patterns over time.

### **1 – Very Poor**

- Digestion: Significant bloating, discomfort, or constipation
- Energy: Exhausted, struggling to get through the day
- Mood: Anxious, irritable, or emotionally low
- Sleep: Trouble falling or staying asleep, very unrested

### **2 – Poor**

- Digestion: Some discomfort or irregularity
- Energy: Low energy, needing caffeine or sugar to function
- Mood: Low patience, motivation, or feeling off
- Sleep: Light or broken sleep, woke up feeling tired

### **3 – Fair**

- Digestion: Generally okay, with mild symptoms
- Energy: Functioning but experiencing dips or sluggish moments
- Mood: Mostly stable, with some low points
- Sleep: Slept through the night, but didn't feel fully rested

### **4 – Good**

- Digestion: Regular and mostly symptom-free
- Energy: Steady throughout the day, minor fatigue
- Mood: Positive, focused, emotionally balanced
- Sleep: Slept well, woke up feeling good

### **5 – Excellent**

- Digestion: Light, regular, and easy
- Energy: Energized, alert, and productive all day
- Mood: Calm, uplifted, and emotionally steady
- Sleep: Deep, uninterrupted, and fully restorative