



# BodySense **JOURNAL**

Align your body, mind and  
relationships to  
thrive everyday.

*By Monica Franke*

# CHECK INS

**SLEEP** - You can rate this from 1 to 10, according to how much sleep you have had and the quality of sleep. Performance watches and apps are a great resource for this these days, and a really effective reflection of readiness to train.

**HYDRATION** - It is really helpful to use a water bottle through the day which indicates volume consumed, so that you can tell if you'd had 1l or 3 l. The goal is one third in litres of your body weight in kgs.

**MENSTRUAL SEASON** - You can use the page Mentsrual Map to see what to expect and how to plan and recover from the satge of cycle you're currently in. It's a great way , as a woman, to prevent feeling rubbish because last week you could do something and this week it feels awful! It might just be that your hormones are creating their own demand on your body. As Dr stacy Sims says - " Use your physiology to your advantage!"

**MOTIVATION MOOD** - How do you feel?  
What animal would you be? What animal would like to be today?

## CHOOSE A STRATEGY THAT WILL HELP YOU TODAY -

If-Then,

SoFar - To Go;

The 4T's, and don't forget

Connection to your self and your people.



# MENSTRUAL MAP

You can use these pages to match the seasons of your cycle, with your particular symptoms, energy, recovery, nutrition and optimal training.

1

## WINTER

Movement is Good!  
Strength training benefits; you may need more references.  
Inflammatory properties are still high, so longer cool down.  
Beetroot for recovery.

2

## SPRING

Adaptation to strength and high intensity peaks.  
High energy; more conditioning & movement prep.  
Increased carbs, incl lots veggies  
Protein after training.  
Vit C aids recovery..

3

## SUMMER

Energy still good, but recovery takes a bit longer and inflammation higher.  
If doing longer sessions, use a carb boost in session, and use protein before and after training.  
Magnesium and zinc helpful.  
Beetroot to aid recovery.  
Yoga & Pilates reduce PMS.

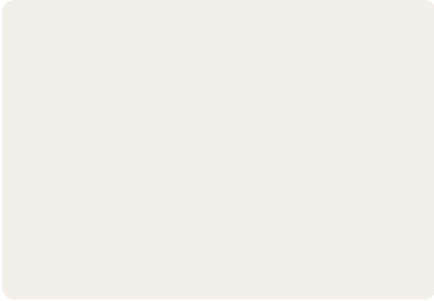
4

## AUTUMN

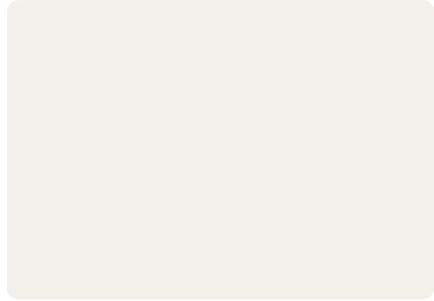
This is PMS season! Mood, energy and recovery are all a bit low. This is a good time for low intensity work, especially if exercising in heat.  
Body temperature, breathing patterns and sleep are all subject to disruption in this phase.  
Focus on complex carbs, antioxidant rich foods and friendship!

# Your Menstrual Map

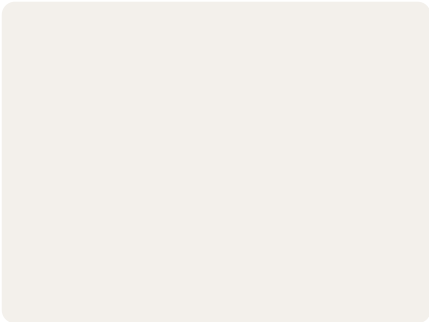
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**Season:**



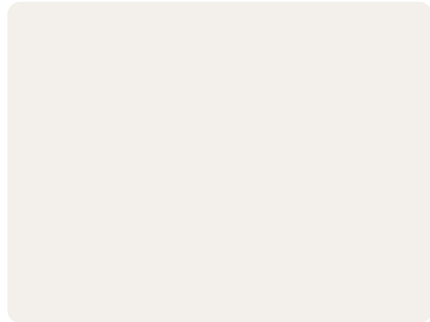
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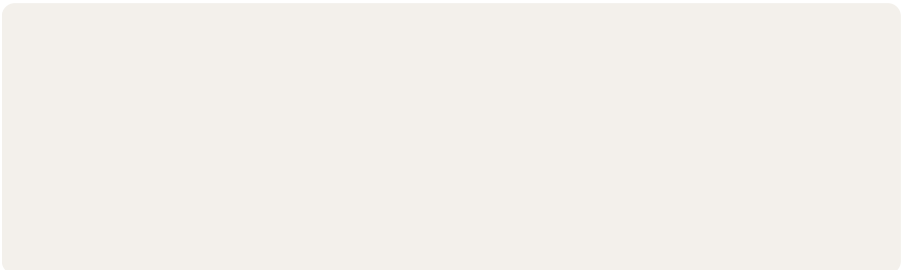
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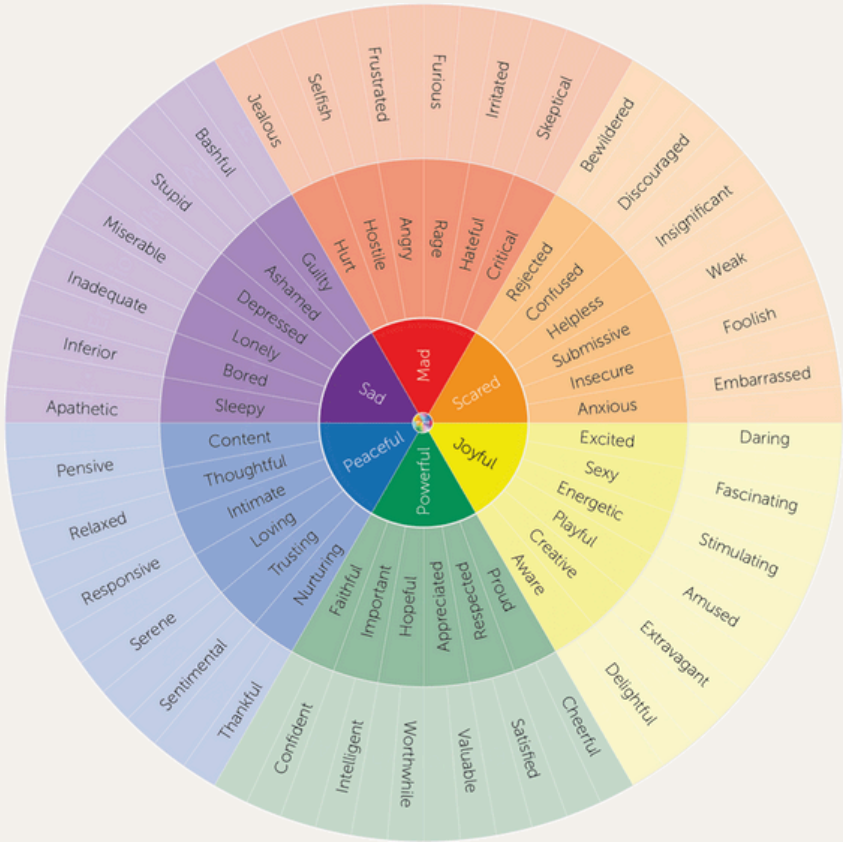
**Date:**  
**Season:**



**Your Notes**



# THE FEELING WHEEL



Designed by Gloria Willcox (1982) to help people recognise and communicate their emotions.

I really like the visual impact of this version and the use of colours to orient us. This is developed from the work of Plutchick (1980) connecting emotions and colours.

# WEEKLY PLANNER

MY NEW WEEK ..... AFFIRMATIONS

01 \_\_\_\_\_  
02 \_\_\_\_\_  
03 \_\_\_\_\_  
04 \_\_\_\_\_  
05 \_\_\_\_\_

MONDAY

01 \_\_\_\_\_  
02 \_\_\_\_\_  
03 \_\_\_\_\_  
04 \_\_\_\_\_  
05 \_\_\_\_\_

TUESDAY

01 \_\_\_\_\_  
02 \_\_\_\_\_  
03 \_\_\_\_\_  
04 \_\_\_\_\_  
05 \_\_\_\_\_

WEDNESDAY

01 \_\_\_\_\_  
02 \_\_\_\_\_  
03 \_\_\_\_\_  
04 \_\_\_\_\_  
05 \_\_\_\_\_

THURSDAY

01 \_\_\_\_\_  
02 \_\_\_\_\_  
03 \_\_\_\_\_  
04 \_\_\_\_\_  
05 \_\_\_\_\_

FRIDAY

01 \_\_\_\_\_  
02 \_\_\_\_\_  
03 \_\_\_\_\_  
04 \_\_\_\_\_  
05 \_\_\_\_\_

SATURDAY

01 \_\_\_\_\_  
02 \_\_\_\_\_  
03 \_\_\_\_\_  
04 \_\_\_\_\_  
05 \_\_\_\_\_

GRATITUDE

01 \_\_\_\_\_  
02 \_\_\_\_\_  
03 \_\_\_\_\_  
04 \_\_\_\_\_  
05 \_\_\_\_\_

SUNDAY

01 \_\_\_\_\_  
02 \_\_\_\_\_  
03 \_\_\_\_\_  
04 \_\_\_\_\_  
05 \_\_\_\_\_

# DAILY PLANNER

“  
**YES  
YOU  
CAN**  
”

DATE: \_\_\_\_\_

## SCHEDULE

07:00  
\_\_\_\_\_

09:00  
\_\_\_\_\_

09:00  
\_\_\_\_\_

12:00  
\_\_\_\_\_

15:00  
\_\_\_\_\_

17:00  
\_\_\_\_\_

19:00  
\_\_\_\_\_  
\_\_\_\_\_

## CHECK INS

SLEEP (1-10)  
\_\_\_\_\_

HYDRATION  
(1-5)  
\_\_\_\_\_

MENSTRUAL  
SEASON  
\_\_\_\_\_

MOTIVATION MOOD  
/ STRATEGY  
\_\_\_\_\_  
\_\_\_\_\_

WHAT OF YOUR PLANS CHANGED?  
WHAT DID YOU DISCOVER?

## TODAY'S NEEDS & GOALS

01  
\_\_\_\_\_

02  
\_\_\_\_\_

03  
\_\_\_\_\_

04  
\_\_\_\_\_

MONICA FRANKE

# Body Senses

" I can notice the internal feelings, sensations and the meaning I make. I can use this to create change. I can become my greatest capacity."

*Date:*

## *Sensations I Notice*

## *Emotions I Feel*

01

02

03

04

## *My meaning*

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# Period Notes

## Date & Season

D

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S

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## Symptoms & Mood

## Nutritional Requirements

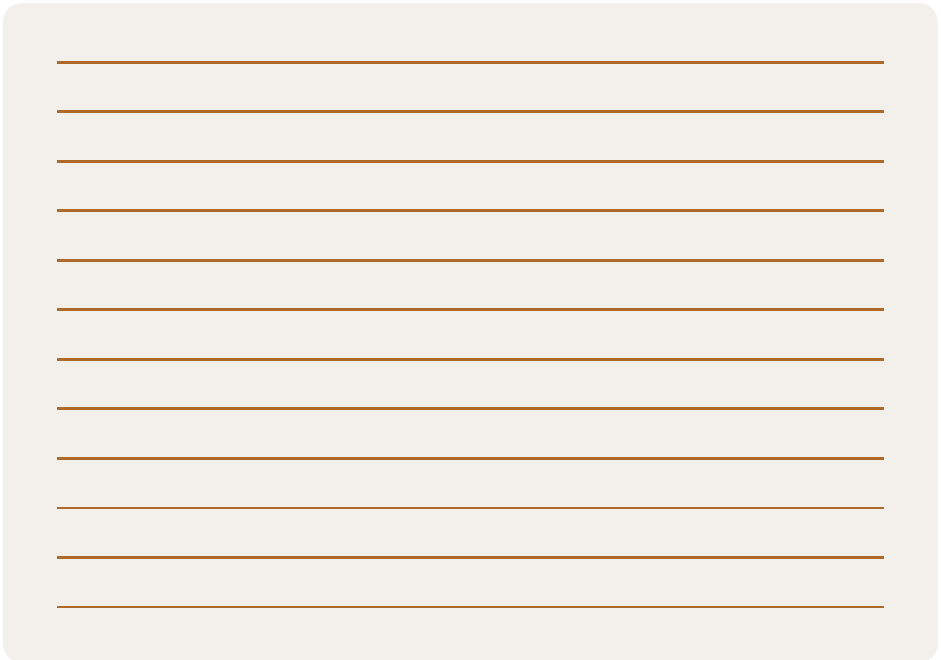
## Training Goals Modified if Appropriate

## Brain Dump

# WORKSHEET

As you go through the process of change, there will be moments of discomfort, of confrontation - with your self and possibly others, and choices of which path to choose - this new one you are creating, or the old familiar one. When you notice what's arising and put words to it, you making change and choice more possible.

## FEELINGS, THOUGHTS, BODY SENSES



## MEANING MAKING



# DOODLES PAGE

What is the shape and colour of your feelings today?

# ONE MONTH PLANNER

MONTH:

YEAR:

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				

# MORE?! YES! HERE'S HOW

For more information on Monica's work, books and programmes, free downloadable resources visit

**[www.monicafranke.com](http://www.monicafranke.com)**

And stay tuned for bite sized bits of movement and mind inspiration at

IG: **[@cliniconthegreenmonica](https://www.instagram.com/cliniconthegreenmonica)**

Monica has two practices in Oxford and London, UK. And is available for online movement and mind 1-2-1 sessions, group classes (on-demand) and deep dive programmes for 3-D support towards thriving change and celebration!

If you'd like more information on any of these possibilities, please email:

**[monica@monicafranke.com](mailto:monica@monicafranke.com)**

THANK YOU SO MUCH FOR  
HAVING COME THIS FAR