



Rhizomatic Gardens

HUMAN PERFORMANCE MUSHROOMS

Your 7-Day Check-In

Days 1 through 4

For each prompt, mark: Lower than usual, About the same, or Better than usual.

DAY 1

Lower than usual About the same Better than usual

Energy	☐	☐	☐
Sleep	☐	☐	☐
Emotional steadiness	☐	☐	☐
Recovery	☐	☐	☐
Everyday stress	☐	☐	☐
How my body felt overall	☐	☐	☐

DAY 2

Lower than usual About the same Better than usual

Energy	☐	☐	☐
Sleep	☐	☐	☐
Emotional steadiness	☐	☐	☐
Recovery	☐	☐	☐
Everyday stress	☐	☐	☐
How my body felt overall	☐	☐	☐

DAY 3

Lower than usual About the same Better than usual

Energy	☐	☐	☐
Sleep	☐	☐	☐
Emotional steadiness	☐	☐	☐
Recovery	☐	☐	☐
Everyday stress	☐	☐	☐
How my body felt overall	☐	☐	☐

DAY 4

Lower than usual About the same Better than usual

Energy	☐	☐	☐
Sleep	☐	☐	☐
Emotional steadiness	☐	☐	☐
Recovery	☐	☐	☐
Everyday stress	☐	☐	☐
How my body felt overall	☐	☐	☐



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Your 7-Day Check-In

Days 5 through 7, plus weekly notes

For each prompt, mark: Lower than usual, About the same, or Better than usual.

DAY 5

Lower than usual About the same Better than usual

Energy	☐	☐	☐
Sleep	☐	☐	☐
Emotional steadiness	☐	☐	☐
Recovery	☐	☐	☐
Everyday stress	☐	☐	☐
How my body felt overall	☐	☐	☐

DAY 6

Lower than usual About the same Better than usual

Energy	☐	☐	☐
Sleep	☐	☐	☐
Emotional steadiness	☐	☐	☐
Recovery	☐	☐	☐
Everyday stress	☐	☐	☐
How my body felt overall	☐	☐	☐

DAY 7

Lower than usual About the same Better than usual

Energy	☐	☐	☐
Sleep	☐	☐	☐
Emotional steadiness	☐	☐	☐
Recovery	☐	☐	☐
Everyday stress	☐	☐	☐
How my body felt overall	☐	☐	☐

WEEKLY NOTES

What patterns did you notice? What stayed consistent? What would you like to discuss with a healthcare professional?
