

# NO LIMITS PER FOR MA NCE

dair\*

 no limits\*

---

Learn how to get the most out  
of your journal (and yourself)  
by visiting [dairmagazine.com](https://dairmagazine.com)

Welcome to the No Limits™ Performance Journal: these pages will capture your own story of growing despite challenge, rising despite being pushed down and spreading your positivity when so many people are down.

These pages are also one part of the No Limits™ Performance Programme developed with Dr. Dave Alred MBE: a programme designed and proven to revolutionise performance. For the duration of the COVID-19 Crisis we hope it will help you make each day easier as you find your way in the new world.

Until the crisis stops you have free access to a suite of coaching films and tutorials that provide a unique insight into how you can use the No Limits™ formula to improve, no matter what you're trying to achieve.

To get the most out of the journal pages (and yourself), we strongly recommend that the first thing you do is visit [dairmagazine.com](https://dairmagazine.com) and watch the welcome film.

We're humbled to be part of your journey and invite you to share your experiences with us.

The positive changes you are about to make in yourself will speak to the positive changes you can make for those around you. We invite you to start your own revolution.

Keep safe, keep well and keep your purpose.

DR. DAVE ALRED MBE | GILES MOUNTFORD

## BENCHMARK SNAPSHOT

DATE :        /        /

**REMEMBER:** You can find everything you need to help you in your performance journey at [dairmagazine.com](http://dairmagazine.com)

## WHAT DO YOU WANT TO ACHIEVE?

IN THE CONTEXT OF WHAT YOU WANT TO ACHIEVE WHERE ARE YOU NOW? (REMEMBER: YOU ALWAYS START FROM 10!)

### WHAT ARE THE SMALLER STEPS TO ACHIEVING YOUR OVERALL GOAL(S)?

WHAT ARE THE MAIN AREAS YOU ARE GOING TO WORK ON? (FOCUS ON FACTS)

## HOW ARE YOU FEELING ABOUT THE CHALLENGE?

PROFILE

SLEEP HOURS :

SLEEP QUALITY :

MORNING HR :

WEIGHT :

SLEEP HOURS :

SLEEP QUALITY :

MORNING HR :

WEIGHT :

MORNING	INTENT	OUTCOME	INTENT	OUTCOME	MORNING
AFTERNOON					AFTERNOON
EVENING					EVENING

REFLECTION

FOOD :

MOOD :

HYDRATION :

REFLECTION

FOOD :

MOOD :

HYDRATION :

FACTS

1 :

2 :

3 :

FACTS

1 :

2 :

3 :

DATE : / /

DATE : / /

PROFILE

SLEEP HOURS :

SLEEP QUALITY :

MORNING HR :

WEIGHT :

SLEEP HOURS :

SLEEP QUALITY :

MORNING HR :

WEIGHT :

MORNING	INTENT	OUTCOME
AFTERNOON		
EVENING		

INTENT	OUTCOME	MORNING
		AFTERNOON
		EVENING

REFLECTION

FOOD :

MOOD :

HYDRATION :

REFLECTION

FOOD :

MOOD :

HYDRATION :

FACTS

1 :

2 :

3 :

FACTS

1 :

2 :

3 :

PROFILE

SLEEP HOURS :  SLEEP QUALITY :

MORNING HR :  WEIGHT :

SLEEP HOURS :  SLEEP QUALITY :

MORNING HR :  WEIGHT :

MORNING	INTENT	OUTCOME	INTENT	OUTCOME	MORNING
AFTERNOON					AFTERNOON
EVENING					EVENING

REFLECTION

FOOD :  MOOD :  . . . . .

HYDRATION :   . . . . .

REFLECTION

FOOD :  MOOD :  . . . . .

HYDRATION :   . . . . .

FACTS

1 : \_\_\_\_\_

2 : \_\_\_\_\_

3 : \_\_\_\_\_

FACTS

1 : \_\_\_\_\_

2 : \_\_\_\_\_

3 : \_\_\_\_\_

PROFILE

SLEEP HOURS :

SLEEP QUALITY :

MORNING HR :

WEIGHT :

REMEMBER : You can find everything you need to help you in your performance journey at dairmagazine.com

MORNING	INTENT	OUTCOME
AFTERNOON		
EVENING		

WHAT WERE THE THREE KEY THINGS THAT WENT WELL? (FOCUS ON FACTS)

1 :

2 :

3 :

IF YOU COULD RE-RUN THIS CYCLE, ON REFLECTION, WHAT WOULD YOU HAVE DONE DIFFERENTLY?

REFLECTION

FOOD :

MOOD :

HYDRATION :

FACTS

1 :

2 :

3 :

WHAT ARE YOU GOING TO FOCUS ON DURING THE NEXT CYCLE?