

Welcome to Nourish Nurture Transform, Week 1!

Congratulations on your decision to begin this journey to identify your most beneficial personal health goals and create positive changes for your overall well being!

This workbook is intended to guide you through the weekly exercises, step by step and make it really easy to stay motivated and make magnificent transformation in your health and life!

We are keeping it simple this week!

Every day take just a couple minutes to fill out the following prompts. No need for perfection, just honesty! Please don't make any judgments about yourself as you're writing, the goal this week is to observe your lifestyle and eating habits as if from an outside perspective. Feel free to make notes about anything you deem important, this is just a starting point to get you thinking as well as measure other key factors.

The main thing is to become aware of your current habits, health and feelings – that's it!

Just be truthful with yourself and know that this is the first, most important step for transformation. You need to know where you're starting before you can find a way to where you're going.

My Intention For This Program.

Day 1

Time: Meal 1:

Time: Snack:

Time: Meal 2:

Time: Snack:

Time: Meal 3:

Today's best success:

Today's greatest challenge:

On a scale of 1 to 5, rate the following:

Energy Mood Overall Sleep

Notes:

Day 2

Time: Meal 1:

Time: Snack:

Time: Meal 2:

Time: Snack:

Time: Meal 3:

Today's best success:

Today's greatest challenge:

On a scale of 1 to 5, rate the following:

Energy Mood Overall Sleep:

Notes:

Day 3

Time: Meal 1:

Time: Snack:

Time: Meal 2:

Time: Snack:

Time: Meal 3:

Today's best success:

Today's greatest challenge:

On a scale of 1 to 5, rate the following:

Energy Mood Overall Sleep

Notes:

Day 4

Time: Meal 1:

Time: Snack:

Time: Meal 2:

Time: Snack:

Time: Meal 3:

Today's best success:

Today's greatest challenge:

On a scale of 1 to 5, rate the following:

Energy Mood Overall Sleep

Notes:

Day 5

Time: Meal 1:

Time: Snack:

Time: Meal 2:

Time: Snack:

Time: Meal 3:

Today's best success:

Today's greatest challenge:

On a scale of 1 to 5, rate the following:

Energy Mood Overall Sleep

Notes:

Day 6

Time: Meal 1:

Time: Snack:

Time: Meal 2:

Time: Snack:

Time: Meal 3:

Today's best success:

Today's greatest challenge:

On a scale of 1 to 5, rate the following:

Energy Mood Overall Sleep

Notes:

Good Job! I'm proud of you for committing to yourself and showing up this week.

How did the tracking go for you?

Did you find yourself making judgments like beating yourself up for "bad" choices or patting yourself on the back for "good" ones?

Use the last page to journal for a couple minutes about how things went this week and how you feel after going through the training video and these exercises.

Day 7

Time: Meal 1:

Time: Snack:

Time: Meal 2:

Time: Snack:

Time: Meal 3:

On a scale of 1 to 5, rate the following:

Energy Mood Overall Sleep

Today's best success:

Today's greatest challenge:

Notes:

Other Notes and Thoughts About Week 1: