Welcome to Nourish Nurture Transform, Week 21

Just like last 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 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.

Remember: What you track, you can change.

Just be truthful with yourself so you will be able to make intentional choices based on measurable data.

Here is a link to start researching the nutrients in the new foods you choose: https://ndb.nal.usda.gov/ndb/foods

Also, remind yourself:

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:

How many fresh veggies and fruit:

How many glasses of plain water:

What processed foods:

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:

How many fresh veggies and fruit:

How many glasses of plain water:

What processed foods:

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

Energy Mood Overall Sleep

Notes:

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Day 3					Day 5			
Time:	Meal 1:			Time:	Meal 1:			
Time:	Snack:			Time:	Snack:			
Time:	Meal 2:			Time:	Meal 2:			
Time:	Snack:			Time:	Snack:			
Time:	Meal 3:			Time:	Meal 3:			
Today's best success:				Today's best	Today's best success:			
Today's greatest challenge:				Today's greatest challenge.				
How many fresh veggies and fruit:				How many fresh veggies and fruit.				
How many glasses of plain water:				How many glasses of plain water:				
What processed foods:				What processed foods:				
On a scale of 1 to 5, rate the following:					On a scale of 1 to 5, rate the following:			
Energy	Mood	Overall	Sleep	Energy	Mood	Overall	Sleep	
Notes:				Notes:				
		Day 4						
Time:	Meal 1:			Day 6				
Time:	Snack:			Time:	Meal 1:			
Time:	Meal 2:			Time:	Snack:			
Time:	Snack:			Time:	Meal 2:			
Time:	Meal 3:			Time:	Snack:			
Today's best success:				Time:	Meal 3:			
Today's greatest challenge.					Today's best success:			
How many fresh veggies and fruit:				* 0	Today's greatest challenge.			
How many glasses of plain water:				How many	How many fresh veggies and fruit:			
What processed foods.				How many g	How many glasses of plain water:			
On a scale of 1 to 5, rate the following:				What processed foods:				
Energy	Mood	Overall	Sleep		On a scale of 1 to 5, rate the following:			
				Energy	Mood	Overall	Sleep	
Notes:								

Time: Meal 1:
Time: Snack:
Time: Meal 2:
Time: Snack:
Time: Snack:
Time: Meal 3:
Today's best success:
Today's greatest challenge:
How many fresh veggies and fruit:
How many glasses of plain water:

What processed foods:

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

Energy Mood Overall Sleep

Notes:

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.

Other Notes and Thoughts About Week 2: