

Welcome to Nourish Nurture Transform, Week 3!

Are you getting into the habit of tracking each day?

Just like the last couple weeks, every day take just a couple minutes to fill out the following prompts. Be honest, this is for your eyes only so you can make intentional choices based on measurable data to transform your health and well being.

Feel free to add anything else you'd like to track and make this your own, for your personal requirements and study.

Remember: What you track, you can change.

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:

Day 3

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 4

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 5

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 6

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 7

Other Notes and Thoughts About Week 3.

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:

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.

Did you create a menu plan for the week?

How many meals did you follow from it?

Did you try a new cooking technique?

What would you do differently?

What went well and you will do again?

Did you find value in planning your meals and having a formula to follow to take the guesswork out of healthy eating each day?