Welcome to Nourish Nurture Transform, Week 31

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					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 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 g	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	e 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	t success:		
Today's grea	atest challenge:		
How many	fresh veggies and fruit:		
How many	glasses of plain water:		
What proce	essed foods:		
-			
	On a scale of 1 to 5, rat	e the following.	
Energy	Mood Overall	Sleep	
Notes:			
Use the last	page to journal for a couple minut	es about how things went this week	
and how yo	ou feel after going through the train	ing video and these exercises.	
Did you cre	eate a menu plan for the week?		
How many	meals did you follow from it?		
Did you try	a new cooking technique?		
What would	d you do differently?		
What went	well and you will do again?		

the guesswork out of healthy eating each day?

Did you find value in planning your meals and having a formula to follow to take