

Welcome to Nourish Nurture Transform, Week 4!

This is the week when you are going to look back over your workbooks and see if there are any relationships between your nutrition and the other parts of your life. Use this space to write down any correlations that you notice.

Now, what one thing could you change that would make the biggest positive impact in your day?

How will you start to implement that change in your life?

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 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:

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.

Are you using 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?

What tools have you found to be the most useful so far?

Least useful or too difficult?