

Welcome to Nourish Nurture Transform, Week 5!

I'm grateful for:

What positive habit did you choose to try last week?

How many days were you successful?

Did you have days that you didn't do it?

What kept you from accomplishing it?

Strategic Self Care that I did this week.

What I believe to be true about me:

Ways I've been successful in the past:

My Intention For This Program.

Things I believe that aren't true and my new positive story:

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

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.

Other Notes and Thoughts About Week 5.