Welcome to Nourish Nurture Transform, Week 51	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.				
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		Day 1				Day 3		
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 grea	Today's greatest challenge:			
How many fresh veggies and fruit:				How many	How many fresh veggies and fruit.			
How many glasses of plain water.				How many	How many glasses of plain water:			
What processed foods:				What proce	ssed 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 2			Day 4				
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	How many glasses of plain water:				
What processed foods:		What proce	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	
			Sleep	Notes:				
Energy	Mood	Overall	ысср					

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Day 5 Day 7 Time: Meal 1: Time: Meal 1: Time: Snack: Time: Snack: Time: Meal 2: Meal 2: Time: Time: Snack: Time: Snack: Time: Meal 3: Meal 3: Time: 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 glasses of plain water: What processed foods: What processed foods: On a scale of 1 to 5, rate the following: Energy Mood Overall Sleep On a scale of 1 to 5, rate the following: Notes: Energy Mood Overall Sleep Notes: Day 6 Use the last page to journal for a couple minutes about how things went this week Time: Meal 1: and how you feel after going through the training video and these exercises. Time: Snack: Meal 2: Time: Other Notes and Thoughts About Week 5. 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: