

Welcome to Nourish Nurture Transform, Week 6!

1. What are the most important things you've learned from this program?

2. What positive changes have you already seen in your life over the last few weeks?

3. What will be most essential to maintaining your transformation after this program?

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

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 6: