

CONSCIOUSLY NUTRITIOUS
FINAL JOURNAL

1. How do I feel now that I am finishing the program?
2. Am I planning on continuing this way of life?
3. What was the top takeaway that I got from this program? Why or why not?
4. Did I become a more conscious eater along the way? How?
5. Am I holding strong to my WHY and my purpose for doing this program going forward?