

CONSCIOUSLY NUTRITIOUS
JOURNAL

1. How did I feel after each meal?
2. Am I getting hungry in between meals?
3. Did I listen to thoughts throughout the day with regards to food? Was I able to notice anything new about them that I hadn't before?
4. Was I able to notice any habits surrounding my thoughts food? Are there cravings that I habitually respond to with food?
5. Am I holding strong to my WHY and my purpose for doing this program?