

**CONSCIOUSLY NUTRITIOUS
JOURNAL WEEKS 3-5**

1. How did I feel after each meal?

2. How is my body responding to less food/ the cleanse?

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?