

Freedom Eating: Week 1/Day 1

I AM OPEN TO MAKING CHANGES THAT FEEL GOOD



Morning Checklist

- Gratitude for
five specific
blessings
from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

Daily Water Intake

Each circle represents an 8 oz. glass

Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

Anything I would change about today?

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/
Other self-care practice

Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 1/Day 2

I AM OPEN TO MAKING CHANGES THAT FEEL GOOD

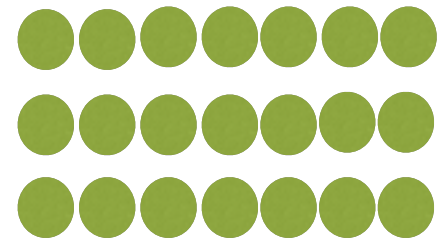


Morning Checklist

- Gratitude for
five specific
blessings
from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

Daily Water Intake

Each circle represents an 8 oz. glass



Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

Anything I would change about today?

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/
Other self-care practice

Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 1/Day 3

I AM OPEN TO MAKING CHANGES THAT FEEL GOOD



Morning Checklist

Gratitude for five specific blessings from yesterday



Lemon water



Stretching



Deep breathing

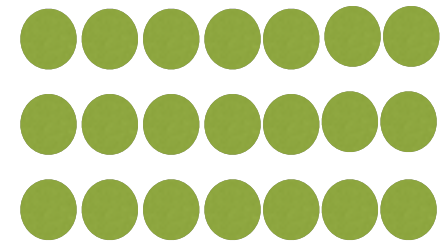


I am affirmation



Daily Water Intake

Each circle represents an 8 oz. glass



Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

Anything I would change about today?

Hugs & Kisses Exercise/movement Dry brush Quiet time Laughter Fresh air/sunshine I am affirmation Aromatherapy/ Other self-care practice

Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 1/Day 4

I AM OPEN TO MAKING CHANGES THAT FEEL GOOD

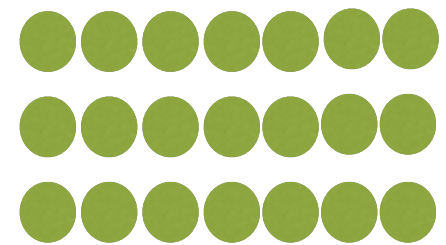


Morning Checklist

- Gratitude for five specific blessings from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

Daily Water Intake

Each circle represents an 8 oz. glass



Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

Anything I would change about today?

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/
Other self-care practice

Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 1/Day 5

I AM OPEN TO MAKING CHANGES THAT FEEL GOOD



Morning Checklist

- Gratitude for five specific blessings from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

Daily Water Intake

Each circle represents an 8 oz. glass

Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

Anything I would change about today?

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/
Other self-care practice

Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 1/Day 6

I AM OPEN TO MAKING CHANGES THAT FEEL GOOD



Morning Checklist

- Gratitude for
five specific
blessings
from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

Daily Water Intake

Each circle represents an 8 oz. glass

Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

Anything I would change about today?

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/
Other self-care practice

Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 1/Day 7

I AM OPEN TO MAKING CHANGES THAT FEEL GOOD



Morning Checklist

- Gratitude for five specific blessings from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/
Other self-care practice

Goal for tomorrow: Tomorrow, I...

Daily Water Intake

Each circle represents an 8 oz. glass

Today, I crowded out:

Anything I would change about today?
