Freedom Eating: Week I/Day I I AM OPEN TO MAKING CHANGES THAT FEEL GOOD>







Morning Checklist Daily Water Intake Gratitude for Lemon water Stretching Each circle represents an 8 oz. glass **Deep breathing** I am affirmation five specific blessings from yesterday **Evening Checklist** breakfast snack lunch snack dinner Today, I crowded out: greens other veggies whole grains fruits beans/legumes Anything I would change seeds/nuts/oils about today? dairy animal meat other beverages Aromatherapy/ Hugs & Kisses Exercise/movement Dry brush Quiet time Laughter Fresh air/sunshine I am affirmation Other self-care practice **Goal for tomorrow: Tomorrow, I...**

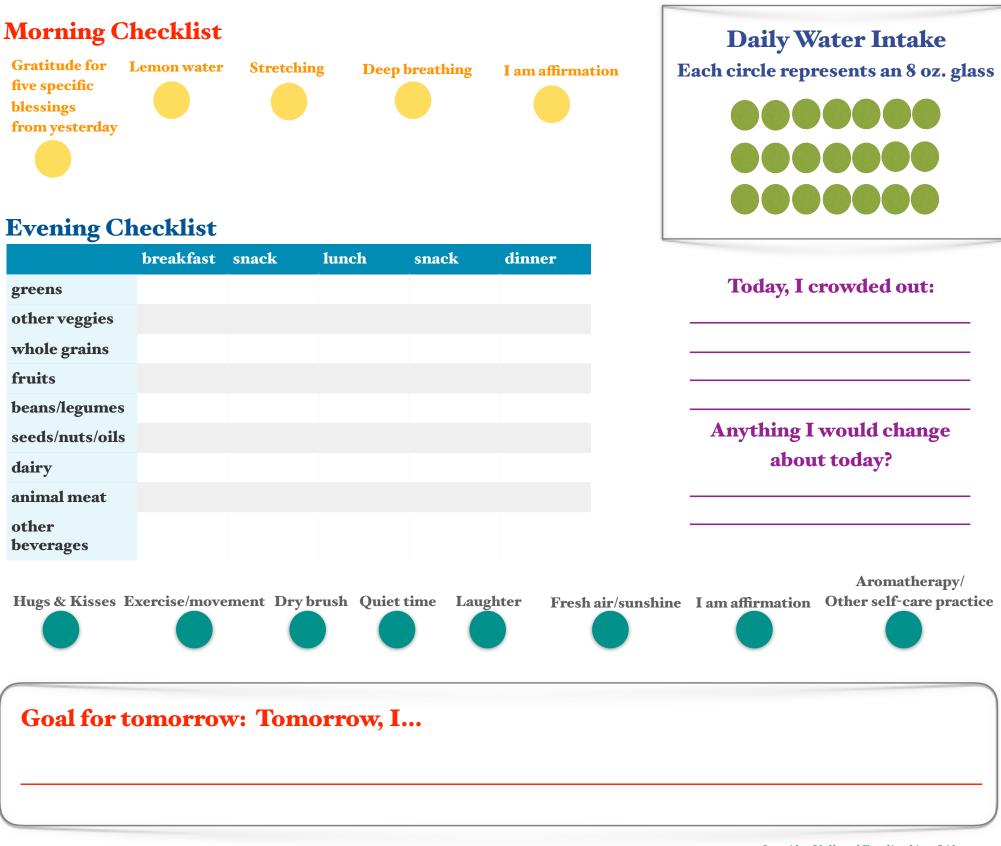
Freedom Eating: Week 1/Day 2

I AM OPEN TO MAKING CHANGES THAT FEEL GOOD









Freedom Eating: Week 1/Day 3 I AM OPEN TO MAKING CHANGES THAT FEEL GOOD





Morning Checklist Daily Water Intake Gratitude for Lemon water **Stretching Deep breathing** Each circle represents an 8 oz. glass I am affirmation five specific blessings from yesterday **Evening Checklist** breakfast snack dinner lunch snack Today, I crowded out: greens other veggies whole grains fruits

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 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 Daily Water Intake Gratitude for Lemon water Stretching Each circle represents an 8 oz. glass **Deep breathing** I am affirmation five specific blessings from yesterday **Evening Checklist** breakfast snack snack lunch dinner Today, I crowded out: greens

other veggies								
whole grains								
fruits								
beans/legumes								
seeds/nuts/oils								would change
dairy							abou	it today?
animal meat								
other beverages								
								Aromatherapy/
Hugs & Kisses Ex	cercise/move	ement Dryb	rush Quiet ti	ime Laughter	r Fresh	air/sunshine	I am affirmation	Other self-care practice

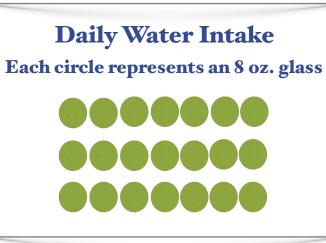
Freedom Eating: Week 1/Day 5 I AM OPEN TO MAKING CHANGES THAT FEEL GOOD





Morning Checklist





Evening Checklist

	breakfast	snack	lunch	snack	dinner			
greens							Today, I c	crowded out:
other veggies								
whole grains								
fruits								
beans/legumes								
seeds/nuts/oils							Anything I	would change
dairy							abou	t today?
animal meat								
other beverages								
								Aromatherapy/
Hugs & Kisses E	xercise/move	ement Dryl	orush Quiet	time Laugl	nter Fresh	air/sunshine	I am affirmation	Other self-care practice
Goal for t	omorro	w: Tom	orrow, I	•••				

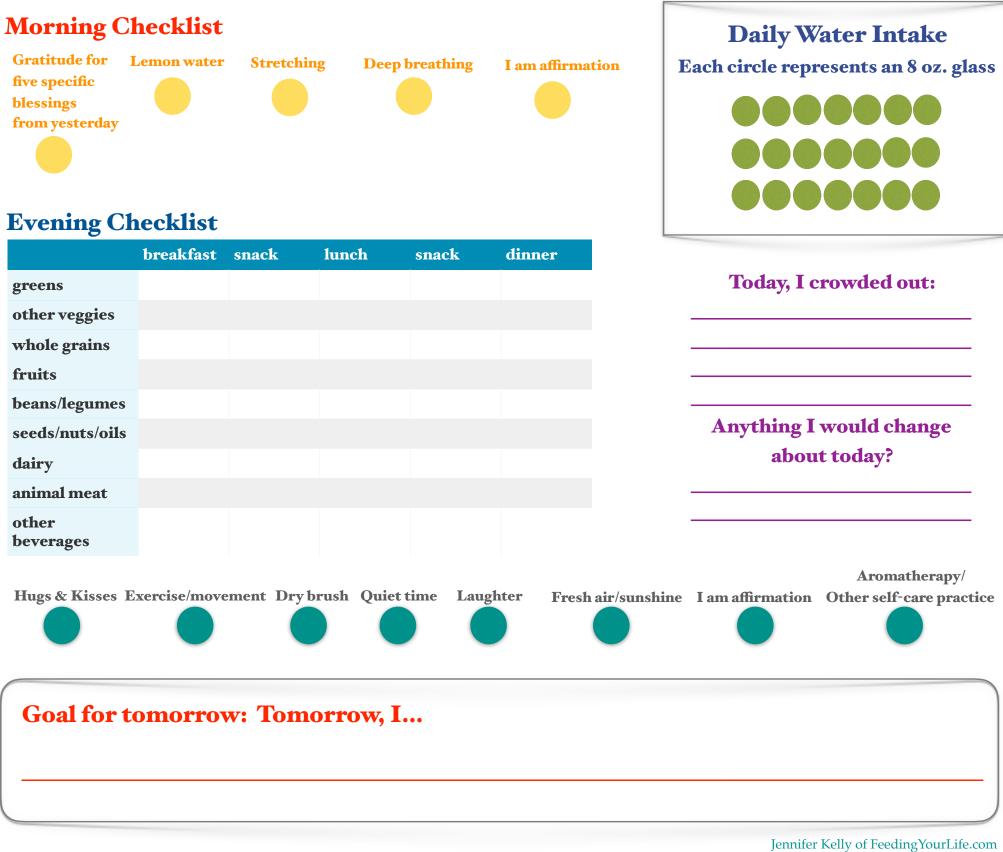
Freedom Eating: Week 1/Day 6

I AM OPEN TO MAKING CHANGES THAT FEEL GOOD









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Freedom Eating: Week 1/Day 7

I AM OPEN TO MAKING CHANGES THAT FEEL GOOD







