

Freedom Eating: Week 2/Day 1

TODAY, I AM RESTORING BALANCE



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

Daily Water Intake

Each circle represents an 8 oz. glass

Today, I crowded out:

Anything I would change about today?

Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 2/Day 2

TODAY, I AM RESTORING BALANCE



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 2/Day 3

TODAY, I AM RESTORING BALANCE



## 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/

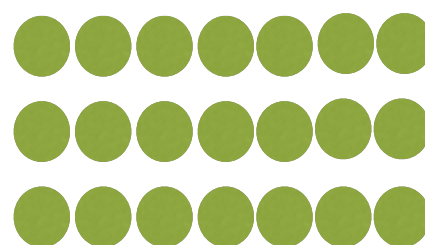
### Other self-care practice



## 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?

---



Freedom Eating: Week 2/Day 4

TODAY, I AM RESTORING BALANCE



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 2/Day 5

TODAY, I AM RESTORING BALANCE



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 2/Day 6

# TODAY, I AM RESTORING BALANCE



## 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



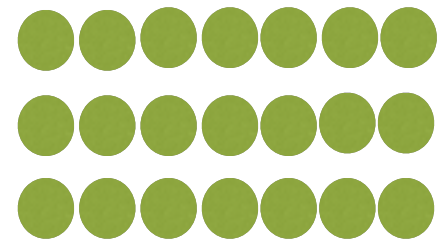
**Aromatherapy/  
Other self-care practice**



## 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?

---



Freedom Eating: Week 2/Day 7

TODAY, I AM RESTORING BALANCE



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?