

Daily Health Routine

Date _____

Daily Routines

Morning - Breakfast - Grounding

| what | when |
|------|------|
| | |

Evening - Dinner - Letting Go

| what | when |
|------|------|
| | |

My Primary Nutrition is...

| |
|--|
| |
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The 3 Questions for Today are...

| |
|---|
| 1. What worked? |
| 2. What didn't work? |
| 3. What can I do differently next time? |

Healthy Affirmations

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| |
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Today I am Grateful for...

1.

2.

3.

COMMITMENTS

(commit to at least one of the following today)

- **No Complaining**
- **Challenge Day** – Do something today you would normally back away from.
- **Visualization** – Visualize at least one of your goals coming true, go into every detail of feelings, emotions, results, etc.
- **Reasons to be Healthy** – List as many reasons as you can think of and keep the list somewhere accessible.
- **Receiving** – Practice receiving things without feeling like you have to give back, simply receive.
- **Giving** – Give at least seven compliments or gifts today with no expectations of a supportive return.
- **Breathing and Water** – Drink enough water, and remember to breathe.
- **Releasing** – Release a thought, feeling, attitude, etc. that is holding you back.

Personal Nutrition Profile

Main Foods

| <i>Proteins</i> | <i>Carbohydrates</i> | <i>Fats</i> | <i>Fruits/Veggies</i> |
|-----------------|----------------------|-------------|-----------------------|
| | | | |

Secondary - Avoid Foods

| <i>Secondary</i> | <i>Avoid</i> |
|------------------|--------------|
| | |

Weekly Foods

| <i>Food</i> | <i>x/wk</i> | <i>Food</i> | <i>x/wk</i> |
|-------------|-------------|-------------|-------------|
| | | | |

Meals

| <i>Breakfast</i> | <i>Lunch</i> |
|------------------|--------------|
| | |

| <i>Dinner</i> | <i>Snacks</i> |
|---------------|---------------|
| | |