FEEL.MEAL.HEAL

Yourself

conscious nutrition
by Heather Fleming

JOURNAL

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FEEL.MEAL.HEAL *Yourself*

The Journal Process

This journal will support you to track your progress and discover patterns that work or do not work for you. This experience is a journey for self discovery and becoming your own health guru. Approach this journal with an open curious mind set. By being more observant with your thoughts and body, you will notice old dieting habits and rules that are no longer serving you. Cheers to your journaling experiment - Heather Fleming.

Morning

This is the most important time of the day! This is how you begin your healthy day. Some recommendations are; Drinking water with lemon, drinking herbal tea, having a bowel movement, and other self-care practices. Do you wake up feeling flat in your tummy or are you feeling groggy and bloated. If your tummy is feeling flat, the program is working. If you wake up feeling energized the program is working. If you sleep through the night and wake up feeling stressed, we need to make changes.

How did you Sleep? Did you sleep straight thru the night or how many times did you wake up to urinate? Our goal is to sleep through the night 6 out of 7 nights a week within a month's time of beginning the program. Sleep is when your body repairs, restores and rejuvenates. Keep a journal next to your nightstand to write down thoughts that consume your mind, and implement other Conscious Sleep practices, such as not watching tv or any electronic devices one hour prior to rest, and sleep in a dark room.

Daily Declaration

Set an intention to create your healthy day. What is your energy level? This is your initial thought of how you feel. A 10 is your favorite day in your life, and a 1 is a day you wish you could redo.

What are you going to do differently today to improve your wellbeing? This is a reflective moment, what do you want to focus on for the day? Will you spend time meditating? Research has shown that mediation improves every aspect of your health and well-being. We suggest and support a variety of practices, the goal is to find one that resonates with you and that you implement consistently.

Meals

This section is how you chart your course toward success. Note what and when you ate and if you had your supplements (some might not be taking supplements, which is fine). The major thing to notice is how you "FEEL" after meal time. Are you energetic versus sluggish and bloated. Are you content with your food or bored. Do you enjoy the food you are eating. Are you trying new recipes and variety. Are you implementing the Protein, Starch and Combination meals. Do you notice which meals support you best at certain times of the day?

Feel Meal Heal Process

Each day is different and you are learning how to implement the Conscious Nutrition Program for a healthy lifestyle. If you have a day that is difficult you use tools you have learned by journaling to return to balance. The times of day are for you to see how your feel when you eat more often versus when you are satisfied and wait longer between meal times. There is NO "set way", however more observation and developing your program everyday. You can now monitor your food intake by reviewing the day, the week, and even the month as a whole.

JOURNAL

Self-Care Support
You are the most important person in the world, and if you do not take care of yourself you can not help others or live the healthy life of your dreams. Self-Care practices are key to relieve stress and heal your body.

What exercise did you do and for how long? How did you felt after exercise?

How do you feel emotionally? Emotions can cause stress if they are not identified or processed. Take a moment to see if you are carrying any emotional baggage that is not supportive of you to live the healthy life you desire. This section could be a journal in itself, do what feels natural for you to be the best version of you. Some recommendations are; journaling your dreams, write down your successes and some things you wish you could do differently.

Your water intake goal is to drink half your body weight in ounces (if you weigh 180 lbs, you should drink 90 oz). So, did you meet your water intake goal? Chart your hydration progress. Herbal tea and lemon water count as your water intake for the day.

How many Bowel Movements did I have? This section is extremely important, you need to know what goes in and how it comes out. The only way to release toxins, waste, and body fat is by bowel movements, urine, sweat and respiration. The goal is two formed bowel movements per day, especially one first thing in the morning and one mid day or after meal times. If you are experiencing major digestive difficulties, you may need to seek further guidance by Conscious Nutrition or other health care professionals.

Tomorrow
Action items for tomorrow. This is a quick list for you to take note of today and try to implement for the next day. Take a review of your day and see how you can improve or how to achieve consistent outcomes.

Please try to journal for 90 days. It takes 21 days of CONSISTENCY to make a habit. However, trying to be “perfect” is not our goal. Try to journal for 90 days to get an idea of how your body works and you will have a lifetime of health and success.

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Within 15 minutes of waking: ☐ lemon water ☐ 5 deep breaths

How did I Sleep? Did you sleep straight through or how many times did you wake up to urinate? _____

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DAILY DECLARATION

How is my energy level? How do I feel emotionally? _____

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MEALS

What I ate? **How I feel?** (5 min., 30 min., 2 hrs.)

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Snack: _____ _____

Lunch: _____ _____

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