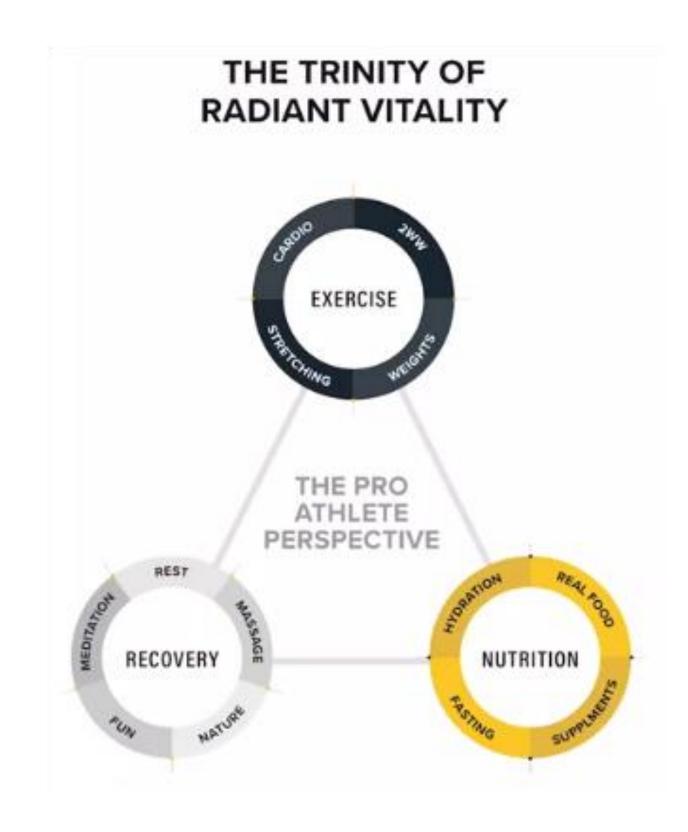
3 Keys to Radiant Vitality Re-Write Your Food Story

WORKBOOK





What's the #1 Killer of Vitality? _____

Best Ways to Beat Stress:

What Kind Of An Eater Are You?

Medium

Fast

Is eating FAST contributing to any digestive concerns or issues with weight loss?

How many times a day are you creating low-level stress? _____

List some of those ways:

What are you doing to promote RELAXATION state?

Your CURRENT Food Story:

Your NEW Food Story:

TAKE ACTION

Rate yourself of a scale of 1 to 5. If less than a 5, what needs to change to make it a 5 for you?

EXERCISE

Cardio Score:

What needs to change to make this a 5 for me?

Strength Score:

What needs to change to make this a 5 for me?

Stretching/Flexibility Score:

What needs to change to make this a 5 for me?

NUTRITION

Hydration Score:

What needs to change to make this a 5 for me?

Real Food Score:

What needs to change to make this a 5 for me?

Supplements Score:

What needs to change to make this a 5 for me?

Fasting / Not Overeating Score:

What needs to change to make this a 5 for me?

REST & RECOVERY

Rest Score:

What needs to change to make this a 5 for me?

Time in Nature Score:

What needs to change to make this a 5 for me?

Massage / Acupuncture Score:

What needs to change to make this a 5 for me?

Meditation Score:

What needs to change to make this a 5 for me?

Fun Score:

What needs to change to make this a 5 for me?

- 1.
- 2.
- 3.