

FOOD FREEDOM FOUNDATION WORKSHOP >>>WORKBOOK<<<



Templates and
trackers to help
you stay on track
and achieve your
weight loss
goals





PRE WORKSHOP EXERCISE

Here is a journaling exercise helping you to identify the 3 areas that cause you NOT to achieve your weight loss (or other health) goals.

Imagine that you are the captain of a ship that is sailing towards your weight loss goals. However, along the way, you encounter three dangerous storms that threaten to steer you off course.

Your task is to identify the three storms that are preventing you from reaching your weight loss goals. For example, one storm might be a lack of motivation, while another might be emotional eating.

Once you have identified the three storms, write a short story (in your journal), alternatively meditate or visualize how you plan to navigate through them.

How will you steer your ship safely through these storms? What tools and resources will you use to stay on course?

As the captain of your own ship, you have the power to overcome any obstacle and reach your destination.

This exercise will help you identify the challenges that are holding you back, and develop a plan of action for overcoming them.

www.wellnessmethods.com

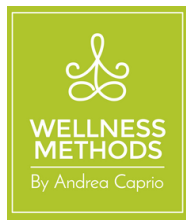


PRE WORKSHOP EXERCISE JOURNAL

A large, empty white rectangular area intended for writing or drawing, serving as the exercise journal.

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GOAL PLANNING

83% of the people in the world don't have goals, 14% have plans but not in writing, and only 3% write their goals

WRITE YOUR TOP GOALS

WRITE THE TOOLS, RESOURCES AND HABITS TO REACH YOUR GOALS

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YOUR TINY HABIT BUILDER

Find Lasting Change with a Simple Yet Powerful
Tiny Habit Builder

01

Anchor Moment

An existing routine in your life that will remind you to do the Tiny Behavior --- (your new habit)



After I...

02

Tiny Behavior

The Tiny Habit you want but scaled back to be super tiny - and super easy



I ...

03

Celebration

Something you do to create a positive feeling inside yourself



and then, I celebrate by ...

Sample: After I go to the bathroom, I drink a glass of water and then I celebrate with a happy dance

MONTH: _____

WEEKLY PLANNER

HABIT TRACKER

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NOTES:

THINGS I GOT DONE THIS WEEK



MONDAY

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



TUESDAY

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



WEDNESDAY

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



THURSDAY

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FRIDAY

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



SATURDAY

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



SUNDAY

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

DAILYPLANNER

DATE: / / M T W T F S S

ON MY TO DO LIST TODAY

#1 FOCUS

TIME

KEY HABITS TODAY

TIME	KEY HABITS TODAY

DONE TODAY

WATER INTAKE

MY PLANNED MEALS

BREAKFAST:

LUNCH:

DINNER:

FOR TOMORROW

WATER TRACKER

TRACK THE AMOUNT OF 8 OZ. GLASSES.
OPT FOR 8 -10 PER DAY.

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



WEEKLY Meal Plan

Supplements

1. _____
2. _____
3. _____

Breakfast

1. _____
2. _____
3. _____
4. _____
5. _____

Lunch & Dinner

1. _____
2. _____
3. _____
4. _____
5. _____

Snacks

1. _____
2. _____
3. _____
4. _____

Week Of :

Mon

B _____
L _____
D _____

Tues

B _____
L _____
D _____

Wed

B _____
L _____
D _____

Thurs

B _____
L _____
D _____

Fri

B _____
L _____
D _____

Sat

B _____
L _____
D _____

Sun

B _____
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D _____

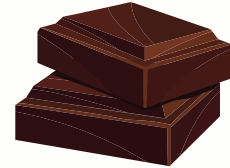


SNACK SWAPS

chocolate cake



dark chocolate



ice cream



blended banana



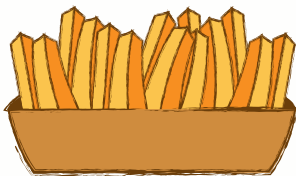
potato chips



popcorn



french fries

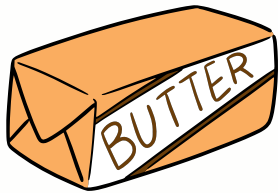


carrot sticks



CONDIMENTS SWAPS

butter



avocado



mayonnaise



mustard



french onion dip



hummus



sour cream



greek yogurt



Want to dive deeper?

Lose weight without getting off track so that you can feel confident, and have long-lasting energy to accomplish everything you love.

JOIN US
NOW FOR THE

FOOD FREEDOM FOUNDATION COURSE



[sign up here!](#)

