



Workbook

Master the 30 Day Reset —

Your Step by Step Guide to
Wired to Eat and putting the
new principles into practice.

ROBB WOLF *revolutionary solutions
to modern life*

Introduction

Hey there! Before we jump into the meat of this guide I want to say a sincere “thank you” for pre-ordering *Wired To Eat*. A long time ago I decided that the way I’d navigate this life would be to help as many people as possible, in as many ways as possible. I reasoned that if I actually did help people, if I brought value to their lives and helped them in real ways, I’d find success in my own life.

So far, so good.

I was able to help a lot of people with my first book, *The Paleo Solution*, but more than six years after its publication I’ve learned a lot. I hope that knowledge and experience helps you and the people you know in profound ways. *Wired To Eat* offers a comprehensive program to help you regardless of your goals, be that weight loss or dealing with a serious health concern. It’s a BIG book and covers a lot of ground, and as rangy as it is, I’d have loved to include something like this workbook IN the book itself. The constraints of modern publishing being what they are, I decided to compile this material and make it available to folks like you — the early adopters who have helped me and supported my work for so long. My goal for this guide is to provide a framework for you to take the information in the book and make it

actionable, trackable, and quantifiable. If we have a goal, we need to track what we are doing so we know if we are heading towards or away from the goal. Makes sense, right?

Wired To Eat is broken into two pieces, the “why?” which describes our neuroregulation of appetite, digestion, endocrinology, and all the

other pieces that go into how we are wired to eat.

This material focuses on how, living in our modern world, we can find ourselves sick, overweight, and metabolically broken. That is important material to understand, but one could make a credible case that the most important material is the 2nd section of the book which deals with the “how.” How do

we change our sleep, food, movement, and community in such a way that we foster health and stave off disease? This is the practical application piece that gets us out of our head and actually living in a way that supports our health and goals.

HOW TO USE THIS GUIDE

The material and exercises in this guide will be most helpful if you have read the first portion of the book discussing the “why” concepts of how we are wired to eat. That information will

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regardless of your
goals*

help you understand that if you find change challenging, if you struggle with your weight or health, It's not your fault — in fact this is completely normal. One of the largest factors that leads folks to peel out of a program of change is a sense of failure and self doubt — feelings that gnaw at their resolve before they even get started. The material in the front of the book should provide the context to help exercise some of those demons and at least keep them at bay as you begin your journey. If you want to read the whole book and then circle back and begin your transformation, that is likely optimal, but I can also see a case for using this workbook as you embark first on your 30 Day Reset and then transition to your 7 Day Carb Test. I'll let you tackle that as you see fit. Let's look at what we will cover and monitor via this workbook.

The Four Pillars of health that I detail in *Wired to Eat* include: Sleep, Food, Movement, and Community. Buried in those broad categories are related topics such as photoperiod, stress, and the microbiome. These are the factors which influence our health, and all of them have influence on the neuroregulation of appetite. Consequently, these are the categories that we will track and ponder to help ensure your success. Although *Wired to Eat* has a lot of information

on food, I'm going to look at that last in this workbook. This may be a bit counterintuitive, but I want to help you start getting the pillars of sleep, community, and movement (exercise) dialed in, if not first, then somewhat preferentially to the food changes themselves. My reasoning for this is when folks bail on a new program it is often for reasons NOT related to food. The noise from social situations such as family gatherings or workplace shenanigans commonly derail folks. Poor sleep fundamentally alters our appetite in favor of junk food, while a lack of movement leaves us listless and without a sense of fun and purpose. If we put some effort and thought into these other pillars, the food piece becomes, if not easy, at least much more doable.

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SLEEP

Sleep is a central topic in *Wired to Eat*, but one could easily make the case a whole book

could/should be devoted to shut-eye as it is so important to our health and wellbeing. Fortunately however, we can take things a bit on faith that sleep is “uber important” and just get after making our sleep better. A recurring theme of the book is if we want to change something, we need to know where we are so we can decide where we want to go. To that end, each week during the 30 Day Reset I’ll ask you to set a sleep related goal for the week. Additionally, for each of the 30 days (and the 7 days of the carb test) I’ll ask you to complete a daily sleep assessment. The assessment contains some fairly subjective questions, like “how would you rate the quality of your sleep last night?” and “Did you wake up reasonably energized?”

If you’d like to go beyond the subjective there are some technology aids that can make the quantification of our sleep more objective. There are a number of sleep tracker apps that range from free to pricy, here is an article from Gizmodo looking at 5 solid options: <http://lifehacker.com/5993005/five-best-sleep-tracking-gadgets-or-apps>

What most of these have in common is they look at the actigraphy or movement during sleep. This is not a perfect representation of our sleep, as one would be awake but not wiggling around much, but actigraphy does give us some valuable information. It will give us a duration in bed and some sense of how restful that time is. We’d like to see consistency in duration, quality, and of course, how you feel and perform after a given night of sleep.

To support the sleep process there are a few important things to do that stack the deck in our favor instead of making sleep a challenge:

1. About an hour after sunset dim the lights in your house.
2. Minimize or delete altogether any use of computers, smart phones or TV’s.
3. If you must use these items use programs like f.lux or Nightshift to reduce the blue light these items emit in the evening.
4. If you want to help all of this process along, and are not overly concerned about your dating life, buy a pair of gaming glasses or blue blockers to help reduce total light entering your eyes (this is clearly just for the evening time). I do this while watching TV in the evening as I’ve not figured out how to remove the blue light from that source.
5. Nutritionally there is some variability as to what works best for folks and their sleep. Some people do better with more carbs and or food later in the day, for others this actually disrupts sleep. If you are having problems falling or staying asleep and it seems that hunger might be a factor, do the opposite of whatever you have been doing.
6. Make sure your bedroom is cool and DARK! Put some effort into blackout curtains or just some aluminum foil in the windows. You will be amazed by the difference in sleep quality.
7. If you have trouble unwinding in the evenings, contrast showers may be a great option. Get the shower at a temperature that is HOT. Like barely able to stand it hot. Run that for about 10 seconds, then flip the water to “cool” and run this for 20 seconds. This

need not be cold, we are trying to relax, not jolt you for an adventure race. What we are looking for is a significant difference in the relative temperature between hot and cool. Alternate between hot and cool 5-10 times, finish on cool, towel off and then hop in your dark, cool, snugly bed.

8. Sex. Whether this needs to be accomplished with self or other, nothing induces shut-eye like some whoopie.



MOVEMENT

Hardly anyone likes to exercise, most everyone loves to *move*. The most important feature of movement and exercise is finding something you will stick to over the long haul. I could recommend the most advanced strength and conditioning program imaginable, but if you hate everything I recommend, it will not really do you much good, right? So, you need to figure out some movement (exercise?) options that you like. Even if you have never done much in the way of movement or exercise, there is something out there that you will enjoy (or at least tolerate). I'll mention some options I like in a moment, and some of my reasoning behind those suggestions, but first I want to throw out some thoughts on features we'd like to see in our movement.

1. Building muscle. No, i'm not recommending that you necessarily become a bodybuilder, but one of the best correlates of good aging and health is the amount of muscle mass an individual carries. Two days per week of a circuit program with weights or calisthenics will do wonders for your strength, health, and physique. The whole session can be as short as 20-30 min between warm-up, training, and cool down. So, regardless of what you do as your main activities, I'd include some strength training at least occasionally.
2. Endurance. Another feature of beneficial aging is mitochondrial density and the ability to use fat as a primary fuel source. We can accomplish this with a few sessions per week of low intensity aerobic training. This can be walking, jogging, hitting a heavy bag, or a host of different activities.
3. Mobility. If you lose the ability to squat, bend over, and lift things over your head, you are not only compromising your quality of life, you are also setting yourself up for a serious injury at some point. Some activities like yoga have a degree of mobility baked in the cake. Things like weights and jogging need the mobility added in.

Movement activities that “tick a lot of boxes”

People are busy these days, busier than ever before, so it's handy if we can get more than one use out of a given activity. Here are some activities that might hit multiple elements from our Pillars of Health:

1. CrossFit or similar group fitness model. In WELL RUN gyms one should get help and support around sleep and food. Exercise is kinda the reason one goes to the gym (at least initially) and community is just baked in the cake. There is a significant amount of variability in the quality one may encounter in these group fitness gyms, but if they are well structured, it can literally be a one-stop-shop. Strength, conditioning, mobility, food, lifestyle, community, and FUN. If you consider this option, shop around and make sure the gym offers personal training and some kind of stratified class structure (On Ramp, fundamentals etc.)
2. Martial Arts. This is an incredibly broad category with everything from kickboxing to tai-chi to brazilian jiu-jitsu. The physical demands of the various disciplines vary dramatically, so if you are unfamiliar with the martial arts, you will need to shop around a bit to find what fits with your personality and goals. Cardio-kickboxing classes are a great way to get a lot of exercise, they are typically fun and challenging. Grappling arts like brazilian jiu jitsu are fun, but they are also intense and can be remarkably frustrating and your performance will have highs and lows. Martial arts schools are unlikely to talk much about food or sleep, but you do get some good movement and some decent community action.
3. Yoga and Pilates. Yoga and pilates really shine in the areas of mobility and community. You will not get a huge amount of strength or endurance work, and chances are, your yoga or pilates teacher will want you to turn vegan. All that considered these are still great activities that can be quite rewarding on their own and also help round out your overall program.
4. Everything else. There are a lot of options these days for physical pursuits: bouldering, bike riding, running, team sports. If these are more to your liking, clearly this is where you should put your attention, but let's say you join a running group and that is your main gig. You will clearly get some conditioning and community aspects covered, but I'd recommend rounding things out with some strength and mobility work. This may be as simple as finding one of the online calisthenics and yoga courses and doing these a few days per week in addition to your running. We don't necessarily want a frenetic pace, but it's not a bad idea to try to have a generally well rounded program.

Movement Goals

A great way to stay motivated in our physical activities is to establish short and long term goals and work towards those. That said, since there are so many different things one can do, it's hard to provide specifics, but here are some guidelines: Try to find a goal that involves strength, one for mobility, and one for endurance. A simple strength goal might be getting your first push up or pull up. A mobility goal might be being able to lean forward and put your hands flat on the floor with no bend in your knees and a neutral low back. An endurance goal might be to walk or jog around your neighborhood 5 times in 20 min. Then 6 times. Then 7. Again, it's hard to provide specifics here but you should be able to

pick a few goals from these categories and more days than not, you will work towards those goals. In the background of all this I'd like to encourage you to use some kind of a steps tracker app and try to get 10,000 steps per day. If you are like me you may not find that number to be all that easy to hit, and it often is not, but it will give you a sense of how much (or little) you are moving on a daily basis.



COMMUNITY

After reading *Wired to Eat* I think you will understand that adequate community is a huge boon to our health, while a lack of meaningful connections can be as bad for us as a pack a day smoking habit. If you noticed in the movement section, I tried to steer you towards activities that get in exercise, but also tick the community box. This is not always possible, and if you find yourself socially isolated, we need a good strategy to address this. I've found volunteer work to be incredibly rewarding for certain folks, particularly if their isolation stems from getting a bit too wrapped up in the details of their own lives. Church and community groups are also good options to not only connect with people, but also work towards goals with more spiritual

or social impact. So, I'd like you to think about how your life looks currently with regards to meaningful social contacts and be honest about where you are in that story. If you need more, let's find that.

Self Assessment

Take a moment and honestly answer the following two questions, rating yourself from 1 to 5 (1 being poor, 5 being great)

How would you rate the quality of your relationships and your support network?

1 2 3 4 5

Are people in your life supportive of your goals and dreams?

1 2 3 4 5

If you scored yourself a 3 or lower for either question, please list two things you will do over the next month to improve this area of your life.

1. _____

2. _____

Also, I'd be remiss if i did not mention perhaps the most important relationship we have: the one with ourselves. As important as it will be to have solid relationships with other people, our internal dialogue and how we view ourselves is perhaps the most important feature of our

happiness and long term satisfaction. To that end, in this workbook we will do a weekly check-in with regards to our broader social connections, while we will do a daily systems check on how our internal world is doing.



FOOD

The crux of *Wired to Eat* is the 30 day reset which will restore your neuroregulation of appetite, reduce inflammation, and get you moving in a great direction. This is followed by the 7 Day Carb Test which will allow you to get more granular as to the amounts and types of carbs you do best with.

To get going on the eating you need to first do two important things: Clean out your pantry and go shopping. I provide detailed instructions for how to do this in the book, but it boils down to the following: Get all the bread, rice, pasta, soda, juice, sweets (with the exception of 80% or greater dark chocolate) cereal, ice cream, chips... essentially all the junk that you'd be inclined to binge on while watching your favorite TV show, take all of that and bag it up and give it to a food bank. You don't need that stuff, the kids don't need it either. If you are not willing to do this step you are setting the whole process up for

failure before you have even started. Once you have cleaned out the house it's now time to stock it back up with stuff that looks more like food and less like cocaine (the junk food you just got rid of). You can download a guide to stocking your pantry, refrigerator, and spice cupboard, as well as a shopping list for the recipes included in the book at robbwolf.com/shoppinglist. An easy way to stock up on your non-perishable items is to order them online through Thrive Market. Not only is this easy, you will save 25-50% off what you'd pay retail.

from Wired To Eat:

“...it's particularly important to keep trigger foods out of the house. We can moralize, hand-wring, and argue about this topic until the chocolate-covered cows come home. Or we can understand how we are wired to eat and make plans that set us up for success.”

For the 30 Day Reset the book lays out two options with regards to food: One can use the Food Matrix to whip up tasty, simple meals in just a few minutes, or one can use the recommended recipes (more than 70 are available in the book). The recipes and meal plans are set up such that you pick the things you want to eat, when you want to eat it. I'm not telling you what to eat on a given day or meal (not everyone likes salmon, or even if they did not everyone wants to cook it Monday night). So given your unique tastes and preferences, you will choose exactly what you will cook. The meal plans and recipes are great if you are in a position to plan ahead a bit, but if you stock your kitchen with the recommended items for the

Food Matrix, you are also in a position to whip up great meals in minutes. The important, in fact non-negotiable, feature here is that you have some options on hand from the following categories:

- Protein (chicken, fish, pork, shrimp, ground beef)
- Veggies (kale, onions, zucchinis, carrots, broccoli)
- Fats (olive oil, coconut oil, lard, butter, ghee)
- Spices (salt, pepper, garlic powder, cumin, paprika, ginger).

These are merely suggestions, you stock up on what you like the most, but you **MUST** have these on hand at all times. If you don't have good options on hand, you will find bad options, so stock up for success.

If you look at the above and your honest internal dialogue is "I don't know if I can do that, everyday, all the time" that's ok. I don't want this to be a cop out, but I also recognize what a busy schedule looks like. I have kids, a dog, cat, work, my physical activities...oh yea, a wife! Our modern lives are busy, so I get that you may honestly assess your commitments and may be intimidated by all this. Here are some strategies for coping, not copping out:

To get going on the eating you need to first do two important things: Clean out your pantry and go shopping

1. You can order a lot of your food to your door with companies like Thrive Market or Amazon Fresh. You may have some other options like this locally. There are some grocery stores that shop for you and you just swing in and pick up your stuff. Make this easy on yourself and just make sure to do your best to always have some good options on hand. Also worth mentioning is Costco. They are now the largest seller of organic products in the world and they have a massive assortment of quality frozen veggies, grass fed meat, canned fish, olive and coconut oils, and other staples.
2. **ALWAYS** have some jerky, nuts, and fruit (apples are great) on hand. This goes for home, work, school, etc. Out of apples and only have jerky and nuts? Round that out with some of your 80-90% dark chocolate. Now, am I recommending that you have jerky, nuts, and dark chocolate for every meal? No, of course not. But nutritionally, hormonally, this is a far better option than a bagel or plate of pasta. I cannot tell you how many lunches and even breakfasts I've had that were essentially jerky, nuts, and fruit. It's not the most memorable meal in the world but it gets the job done. Jerky, salami, sardines, nuts, some dark chocolate, and even a jar of



coconut oil (for when I feel like I just need some extra calories I'll lather some of that on the dark chocolate and snarf it down. Keep in mind you do not want to overdo things like coconut oil if you are trying to lose fat. I'm pretty lean and reasonably active, so I do use some concentrated calories like this occasionally). When I run out of something, I replace it immediately. I may only dig into this once or twice per week (I far prefer bringing leftovers from dinner the day before) but this is better than starving or making a poor food choice.

3. Understanding how we put meals together with the food matrix, think about some local restaurants that will deliver meals to you in 10-20 min. Put the number for at least 3 restaurants in the speed dial on your phone, have a menu from the restaurant with the meals that fit our purposes circled and handy for review. Most smartphones have a place for "notes" when you add a number, this could also be where you make a list of the things you like from the menu and any modifications the restaurant needs to do to keep you within your guidelines. If you find that you are out of food, or just CAN'T handle another jerky, nuts, and apples lunch,

ring one of these restaurants and get some appropriate grub headed your way.

4. Frozen meals are a great option so long as the meals fit our basic plan. You can cruise the frozen food section to find decent options, but I'd highly recommend that you check out The Good Kitchen. You can keep a few of these at work, and if you know that you have exceptionally long days on say Tuesday and Thursday, perhaps these are your options for when you get home.
5. Cook in bulk. It is just as easy to cook 4 meals worth of food as it is to cook a single meal, so it makes a lot of sense to cook in bulk and then use the leftovers for your subsequent meals. Some folks cook for the week, usually devoting part of the weekend to doing this. It's a great idea, and if you can pull it off, do it. But short of doing this, when you DO cook, try to double the recipe to make enough for later in the week. It will save you an enormous amount of time.

Tracking progress

In *Wired to Eat* I recommend a few strategies beyond just checking your weight as a means of tracking and monitoring progress. In fact, I generally recommend checking weight at most once per month. It's just not helpful to track more frequently than this. Our daily fluctuations in weight can be pretty dramatic, yet these ups and downs have little if anything to do with our actual progress. All that considered, I do recommend that you take before pictures from the front, side, and back, and if you want to update those weekly, go for it. Try to do all this

in the same place, same lighting, same clothes (or lack of clothes, just be careful who has access to your photos!) I also recommend tracking your blood pressure once per month and taking your waist to hip ratio at the beginning of this process and then perhaps once per month after that. These are the objective measures that will tell us if we are on a good course.

We also have some subjective elements that are perhaps more important than the objective measures, as they get us back in touch with our bodies and let us know how to self monitor, not rely on outside criteria to tell us how we are doing.

PUTTING IT ALL TOGETHER

Each day I'll ask you to rank from 1-5 (1 being poor or little, 5 being great) the following:

1. Did you sleep well and wake up reasonably energized?
2. Was your energy and mental clarity good through the day and particularly between meals?
3. Were you ever "hangry" or foggy headed? If so, when? What were the circumstances that brought this about?
4. How was your digestion? Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project?

In the case of #3, we may need to think about some subjective criteria of our food that did not lead to mental clarity and good physical energy.

It may be helpful to track what you eat each day in an app similar to My Fitness Pal. With this you can get a sense of what you are in fact eating, and then take notes as to how all that is working.

In addition to food related questions I'll also ask you to track your progress on the other three pillars.

Movement: Did you hit your movement goal for the day?

Community: Did you get some good interaction with someone today? A Hug? Laugh? If you were largely alone, how was your internal dialogue?

If you rank anything below a 4 or 5, make a note of what you can do to improve that area. If there was an issue with your sleep, was there any obvious problem like just not going to bed on time? Did you dim your lights at sunset, or were you up really late working on your computer? If you did not react well to a particular food, make a note of that and pay particular attention the next time you have that food. If it does not work for you — if you do not have good blood sugar control, if you get cognitive or physical symptoms — this particular food may not be a good option for you.

7 DAY CARB TEST

After the 30 Day Reset, you may wish to embark on the 7 Day Carb Test. To do this you will need a blood glucose monitor and you will need to choose which carbs you would like to test each day at breakfast. I provide detailed instructions

for this process in the book, but just as a reminder: You will need to precisely measure out your allotted carbs for your breakfast (this will be the only thing you eat at this time). Most of the commercially available blood glucose monitors have a free app available to track your numbers. You can use this (or an app of your choosing... or heck even pen and paper!) to document what carb you had (say white rice) and what time you ate it (morning is best). You'll then record your blood glucose number two hours later. Follow the guidelines in the book to determine if this particular carb is a good option for you (or not). In addition to the objective measure of your blood glucose response, I will also ask you to track your subjective measures of mental clarity, "hanger" etc.

SIDE NOTE ON "THE STRUGGLE" AND HAPPINESS

Happiness is transitory. Meaning is infinite. Although our day to day happiness IS important, I think many people in the modern world think they should be HAPPY every day, all the

time. This is not really the case. Some days, it's chop wood, carry water. Get. It. Done. If you are working towards some kind of a higher

purpose or goal, this can see you through some very tough times. For some, this may be a sense of spirituality. For the more secular folks (like myself) my big WHY is a desire to help as many people as possible live the best lives they can. I want to leave the world better because of being here than it would have been had I never been born. There are a lot of

avenues that I can work towards to reach these ends, but it's remarkable how when I'm feeling off, I just think about my why, the short time I have in this life and the gratitude I have for the opportunities before me. If you have read or studied Stoicism or some elements of Zen philosophy, you will likely see parallels here. The point to all this is although every moment of our existence may not be a transcendent, otherworldly experience, avoiding the depression and despair by focusing on a purpose and being in the now will shift our aggregate experience to a more pleasurable and fulfilling place.

*Happiness is
transitory.
Meaning is
infinite.*

Before you start

from Wired To Eat:

The challenge is that our food, sleep, activity, gut microbiome, stress levels and emotional connection to food all affect the neuroregulation of appetite in unfavorable ways. So, although our sound bite is “just fix your appetite” there are a number of moving parts that go into that. Which is why this is a book and not a bumper sticker.

Ok, let's get going! Before you start, please enter values for the following:

Starting weight: _____

(you will not get on the scale again until the end of the 30 Day Reset)

Blood pressure: _____

Waist/Hip ratio: _____

*(Measure your waist at a point approximately 1 inch (2cm) above your belly button. Measure your hips at the widest point. Divide your waist measure by your hip measure. **Here is a video** for how to do this process and if you are math phobic, **here is an online calculator**, but you will still need to do the measurements! measure x, then y, then divide)*

To Do:

- Take before photos (front, side, back)
- Clean out the pantry!
- Stock your pantry, refrigerator and spice cupboard (**get the list here**)
- Reminder: order your blood glucose monitor for the 7 Day Carb Test
- Take the “how the pants fit” test: If weight loss is your primary goal, find a pair of pants that you can still fit into, but are pretty tight. Pay attention to how they feel and how they fit — you'll try these on again at the end of the program.

Blood Work:

If you have a health concern or are interested in seeing how your blood work values change during the 30 Day Reset you may also want to get your blood work tested before and after. The specific blood work to request is detailed in the book.

Tracking Performance:

On the sheets that follow I'll ask you to list micro goals for each of the 4 pillars. Before we get to that I'd like you to think about a "performance goal" — a movement goal that you will work towards and test again at the end of your 30 Day Reset. Your performance goal will depend on your current level of fitness. If you're a regular gym goer or a hard charger you likely already have specific performance goals you're working towards. But please don't worry if you're currently not active or don't consider yourself "fit" — no goal is too small. Just keep in mind that it should be something quantifiable, and something that you can reasonably incorporate into your routine over the next 30 days.

Performance Goal:

Not sure what to choose? Here are some example goals and how to test:

Goal: Improve walking strength and stamina. To test: walk around the block (or park loop) — time yourself to see how long it takes you.

Goal: Increase the number of laps you can swim in 30 minutes. To test: swim laps for 30 minutes and count how many you can currently do.

Goal: Increase the amount of weight you can lift for a specific lift you're working on (deadlift, squat, press, etc) To test: work up to a current soft max and record the amount of weight.

Goal: Increase number of pushups or pullups you can do in a single set. To test: Do maximum number of pushups or pullups and record the number.

Weekly Sheet: Week 1

Week 1 Goals:

In the spaces below, please list a reasonable goal for this week for each of the four pillars:

Community Goal:

Examples: connect with an old friend, host a dinner party, invite an acquaintance to coffee (or workout), sign up for a class to learn a new hobby (painting, gardening, knitting, etc)

Sleep Goal:

Examples: no screen time after 7pm, in bed and lights out by 9:30pm, wake without an alarm clock

Movement Goal:

Examples: walk 20 minutes at lunch break each day, take the stairs instead of the elevator, go to yoga 3 days this week, lift weights 2 days this week, walk 10,000 steps per day

Food Goal:

It's my hope that you've already cleaned out your pantry, fridge and freezer, and are on board with eliminating grains, sugars, and dairy during this 30-Day Reset. Think about the week ahead. What's your best guess at what your greatest challenge will be with regards to food? Lack of time? A social gathering involving food? Stressful deadline? For your food goal I'd like you to list what you will do to successfully navigate any food challenges.

Examples: Prep meals in advance to save time, bring jerky to the office for snack, hard boil eggs for easy grab and go breakfast, eat before attending the birthday party, bring an appropriate side dish to the BBQ. Call a supportive friend before the stressful evening with the in-laws. Although I have somewhat arbitrarily separated out the 4 pillars of health, they all DO work together. Your community connections may make the difference in success with your food for example.

30 DAY RESET

Day 1

Date: _____

“Discipline is the bridge between goals and accomplishment.”
– Jim Rohn

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 1 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 2

Date: _____

Make one healthy choice, then make another

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 2 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 3

Date: _____

One meal at a time

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 3 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 4

Date: _____

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear. – Buddha

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 4 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 5

Date: _____

When you feel like quitting, remember why you started

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 5 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
- 2. _____
- 3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 6

Date: _____

*“Commit to CANI! – Constant And Never-ending Improvement.”
– Tony Robbins*

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 6 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 7

Date: _____

I believe in the person I want to become

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 7 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
- 2. _____
- 3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

Weekly Sheet: Week 2

Please assess the previous week. Did you meet or exceed your goals for each of the four pillars? Lets look both at what went well and what fell short. For example, let's say you rocked the community piece by connecting with an old friend on the phone or at lunch. What went into that success? Clearly some motivation, but also some planning and follow through, right? Most of us are better in some of these areas than others, but the techniques and habits that work for one pillar typically work for the others as well. We want to learn those habits and tendencies of success and be able to transfer them to other arenas. In this way we do not need to learn everything from scratch, we are using "transferable job skills." With all this in mind, take a look at the pillars and assess how you did by entering a value 1 through 5 (1 being poor, 5 being great).

Sleep _____ **Community** _____ **Movement** _____ **Food** _____

One additional note: *Please be aware of "The Law of Diminishing Returns." This is a model which describes easy, almost effortless progress in the beginning of a process, and ever slower progress later. Let's say your sleep was honestly a 0 or 1 before the 30 Day Reset but you can honestly say you are now at a 4. How much more effort will it take to bring that to a 5? It might be a lot and possibly even not worth the effort, at least at this point, given the amount of progress you have made.*

When creating your goals for this next week pay particular attention to any pillars that you scored with a 3 or lower. Were the previous weeks goals too ambitious? What did you do well? What can you take from that process to help you in the places you struggle?

Week 2 Goals:

Please list a reasonable goal for this week for each of the four pillars:

Community Goal: _____

Sleep Goal: _____

Movement Goal: _____

Food Goal: _____

Think about the week ahead. What's your best guess at what your greatest challenge will be with regards to food? Lack of time? A social gathering involving food? Stressful deadline? For your food goal I'd like you to list what will you do to best set yourself up for successfully navigating any food challenges.

30 DAY RESET

Day 8

Date: _____

People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily. – Zig Ziglar

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 8 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 9

Date: _____

I was always looking outside of myself for strength and confidence, but it comes from within. It is there all the time. – Anna Freud

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 9 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
- 2. _____
- 3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 10

Date: _____

“Health is something we do for ourselves, not something that is done to us; A journey rather than a destination” – Dr. Elliott Dacher

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 10 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
- 2. _____
- 3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 11

Date: _____

*“The first wealth is health.”
– Ralph Waldo Emerson*

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 11 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 12

Date: _____

“Your body is your most priceless possession. Take care of it.”
– Jack Lalanne

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 12 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
- 2. _____
- 3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 13

Date: _____

Clear your mind of can't

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever "hangry" or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 13 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 14

Date: _____

Eating well is a form of self respect

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 14 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

Weekly Sheet: Week 3

Please assess the previous week. Did you meet or exceed your goals for each of the four pillars? Lets look both at what went well and what fell short. For example, let's say you rocked the community piece by connecting with an old friend on the phone or at lunch. What went into that success? Clearly some motivation, but also some planning and follow through, right? Most of us are better in some of these areas than others, but the techniques and habits that work for one pillar typically work for the others as well. We want to learn those habits and tendencies of success and be able to transfer them to other arenas. In this way we do not need to learn everything from scratch, we are using "transferable job skills." With all this in mind, take a look at the pillars and assess how you did by entering a value 1 through 5 (1 being poor, 5 being great).

Sleep _____ **Community** _____ **Movement** _____ **Food** _____

One additional note: *Please be aware of "The Law of Diminishing Returns." This is a model which describes easy, almost effortless progress in the beginning of a process, and ever slower progress later. Let's say your sleep was honestly a 0 or 1 before the 30 Day Reset but you can honestly say you are now at a 4. How much more effort will it take to bring that to a 5? It might be a lot and possibly even not worth the effort, at least at this point, given the amount of progress you have made.*

When creating your goals for this next week pay particular attention to any pillars that you scored with a 3 or lower. Were the previous weeks goals too ambitious? What did you do well? What can you take from that process to help you in the places you struggle?

Week 3 Goals:

Please list a reasonable goal for this week for each of the four pillars:

Community Goal: _____

Sleep Goal: _____

Movement Goal: _____

Food Goal: _____

Think about the week ahead. What's your best guess at what your greatest challenge will be with regards to food? Lack of time? A social gathering involving food? Stressful deadline? For your food goal I'd like you to list what will you do to best set yourself up for successfully navigating any food challenges.

30 DAY RESET

Day 15

Date: _____

Don't compare yourself to others. Compare yourself to the person from yesterday.

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever "hangry" or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 15 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
- 2. _____
- 3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 16

Date: _____

Change nothing and nothing changes

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 16 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
- 2. _____
- 3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 17

Date: _____

Eat like you love yourself. Move like you love yourself. Speak like you love yourself. Act like you love yourself.

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 17 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 18

Date: _____

“Midlife: when the Universe grabs your shoulders and tells you ‘I’m not f-ing around, use the gifts you were given.’” – Brené Brown

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 18 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 19

Date: _____

Being an example of health is the best way to motivate others to get healthy

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 19 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
- 2. _____
- 3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 20

Date: _____

Suck it up now, so you don't have to suck it in later

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever "hangry" or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 20 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 21

Date: _____

Be stronger than your strongest excuse

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 21 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
- 2. _____
- 3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

Weekly Sheet: Week 4

Please assess the previous week. Did you meet or exceed your goals for each of the four pillars? Lets look both at what went well and what fell short. For example, let's say you rocked the community piece by connecting with an old friend on the phone or at lunch. What went into that success? Clearly some motivation, but also some planning and follow through, right? Most of us are better in some of these areas than others, but the techniques and habits that work for one pillar typically work for the others as well. We want to learn those habits and tendencies of success and be able to transfer them to other arenas. In this way we do not need to learn everything from scratch, we are using "transferable job skills." With all this in mind, take a look at the pillars and assess how you did by entering a value 1 through 5 (1 being poor, 5 being great).

Sleep _____ **Community** _____ **Movement** _____ **Food** _____

One additional note: *Please be aware of "The Law of Diminishing Returns." This is a model which describes easy, almost effortless progress in the beginning of a process, and ever slower progress later. Let's say your sleep was honestly a 0 or 1 before the 30 Day Reset but you can honestly say you are now at a 4. How much more effort will it take to bring that to a 5? It might be a lot and possibly even not worth the effort, at least at this point, given the amount of progress you have made.*

When creating your goals for this next week pay particular attention to any pillars that you scored with a 3 or lower. Were the previous weeks goals too ambitious? What did you do well? What can you take from that process to help you in the places you struggle?

Week 4 Goals:

Please list a reasonable goal for this week for each of the four pillars:

Community Goal: _____

Sleep Goal: _____

Movement Goal: _____

Food Goal: _____

Think about the week ahead. What's your best guess at what your greatest challenge will be with regards to food? Lack of time? A social gathering involving food? Stressful deadline? For your food goal I'd like you to list what will you do to best set yourself up for successfully navigating any food challenges.

30 DAY RESET

Day 22

Date: _____

*“You don’t have to be great to start, but you have to start to be great”
– Zig Ziglar*

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 22 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 23

Date: _____

*“Sleep is that golden chain that ties health and our bodies together”
– Thomas Dekker*

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 23 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 24

Date: _____

*“A healthy attitude is contagious, but don’t wait to catch it from others. Be a carrier.”
– Tom Stoppard*

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 24 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 25

Date: _____

“Take care of your body. It’s the only place you have to live.”
– Jim Rohn

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 25 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 26

Date: _____

*“What you do today can improve all your tomorrows”
– Ralph Marston*

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 26 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 27

Date: _____

“The secret of getting ahead is getting started”
– Mark Twain

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 27 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 28

Date: _____

“Keep your eyes on the stars and your feet on the ground”
– Theodore Roosevelt

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 28 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

Weekly Sheet: Week 5

Please assess the previous week. Did you meet or exceed your goals for each of the four pillars? Lets look both at what went well and what fell short. For example, let's say you rocked the community piece by connecting with an old friend on the phone or at lunch. What went into that success? Clearly some motivation, but also some planning and follow through, right? Most of us are better in some of these areas than others, but the techniques and habits that work for one pillar typically work for the others as well. We want to learn those habits and tendencies of success and be able to transfer them to other arenas. In this way we do not need to learn everything from scratch, we are using "transferable job skills." With all this in mind, take a look at the pillars and assess how you did by entering a value 1 through 5 (1 being poor, 5 being great).

Sleep _____ **Community** _____ **Movement** _____ **Food** _____

One additional note: *Please be aware of "The Law of Diminishing Returns." This is a model which describes easy, almost effortless progress in the beginning of a process, and ever slower progress later. Let's say your sleep was honestly a 0 or 1 before the 30 Day Reset but you can honestly say you are now at a 4. How much more effort will it take to bring that to a 5? It might be a lot and possibly even not worth the effort, at least at this point, given the amount of progress you have made.*

When creating your goals for this next week pay particular attention to any pillars that you scored with a 3 or lower. Were the previous weeks goals too ambitious? What did you do well? What can you take from that process to help you in the places you struggle?

Week 5 Goals:

Please list a reasonable goal for this week for each of the four pillars:

Community Goal: _____

Sleep Goal: _____

Movement Goal: _____

Food Goal: _____

Think about the week ahead. What's your best guess at what your greatest challenge will be with regards to food? Lack of time? A social gathering involving food? Stressful deadline? For your food goal I'd like you to list what will you do to best set yourself up for successfully navigating any food challenges.

30 DAY RESET

Day 29

Date: _____

*“Believe you can and you’re halfway there.”
– Theodore Roosevelt*

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 29 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

30 DAY RESET

Day 30

Date: _____

“Remember that failure is an event, not a person.”

– Zig Ziglar

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

Were you ever “hangry” or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

30 DAY RESET

Day 30 (continued)

Date: _____

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
- 2. _____
- 3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

After the 30 Day Reset

Let's see how you did! Please enter values for the following:

Ending weight: _____

Blood pressure: _____

Waist/Hip ratio: _____

To Do:

Retake photos (front, side, back)

Blood work:

If you got your blood work done at the start of the 30 Day Reset you'll want to get it done again now.

from Wired To Eat:

We don't "cheat" on our food. We do not need a "healthy relationship" with our food. We simply need to understand that there are consequences to our food choices.

Thoughts/Notes about your experience over the last 30 Days:

Gearing up for the 7 Day Carb Test

Now it's time to test your individual response to some common carbohydrates. Over the next 7 days your primary task will be measuring your blood glucose response to a particular carbohydrate (that you choose) each day at breakfast. You will select from the list of carbohydrates and the associated amounts listed in the book. You will not eat anything else at this time.

Although you've completed the 30 Day Reset we will continue to work on the 4 pillars over the next 7 days. In the pages that follow you'll continue to record your sleep, food, movement, and community activities.

from Wired To Eat:

“You may want to roll me in honey and bury me in an ant hill for what I’m about to say, but here goes: What constitutes the “normal” or optimal feeding state for any given person varies. It depends on their genetics, stress levels, sleep status, exercise, gut health and of course, their food, both in terms of amount and type.”

7 DAY CARB TEST

Day 1

Date: _____

“Success is nothing more than a few simple disciplines, practiced every day.”
– Jim Rohn

Carb tested: _____ (example: white rice)
Amount: _____ (amounts are listed in the book, for white rice 1.14 cups or 6.35 oz)
Time ingested: _____ (example: 6:45 am)
Time blood glucose tested: _____ (2 hours later, for example: 8:45 am)
Blood glucose: _____

How did you feel 2 hours after eating the carb you tested? _____
(calm, cranky, hungry, not hungry, irritable, etc)

How would you rank your mental clarity? 1 2 3 4 5

THE 4 PILLARS:

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day (Breakfast is omitted here as you will record your carb test values above).

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

7 DAY CARB TEST

Day 1 (continued)

Date: _____

Food (continued)

Were you ever "hangry" or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

7 DAY CARB TEST

Day 2

Date: _____

“Let food be thy medicine and medicine be thy food.”

– Hippocrates

Carb tested: _____ (example: white rice)
Amount: _____ (amounts are listed in the book, for white rice 1.14 cups or 6.35 oz)
Time ingested: _____ (example: 6:45 am)
Time blood glucose tested: _____ (2 hours later, for example: 8:45 am)
Blood glucose: _____

How did you feel 2 hours after eating the carb you tested? _____
(calm, cranky, hungry, not hungry, irritable, etc)

How would you rank your mental clarity? 1 2 3 4 5

THE 4 PILLARS:

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day (Breakfast is omitted here as you will record your carb test values above).

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

7 DAY CARB TEST

Day 2 (continued)

Date: _____

Food (continued)

Were you ever "hangry" or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

7 DAY CARB TEST

Day 3

Date: _____

“Eating crappy food isn’t a reward — it’s a punishment.”
– Drew Carey

- Carb tested:** _____ (example: white rice)
- Amount:** _____ (amounts are listed in the book, for white rice 1.14 cups or 6.35 oz)
- Time ingested:** _____ (example: 6:45 am)
- Time blood glucose tested:** _____ (2 hours later, for example: 8:45 am)
- Blood glucose:** _____

How did you feel 2 hours after eating the carb you tested? _____
(calm, cranky, hungry, not hungry, irritable, etc)

How would you rank your mental clarity? 1 2 3 4 5

THE 4 PILLARS:

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day (Breakfast is omitted here as you will record your carb test values above).

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)
1 2 3 4 5

7 DAY CARB TEST

Day 3 (continued)

Date: _____

Food (continued)

Were you ever "hangry" or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

7 DAY CARB TEST

Day 4

Date: _____

"I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do." – Brené Brown

- Carb tested: _____ (example: white rice)
Amount: _____ (amounts are listed in the book, for white rice 1.14 cups or 6.35 oz)
Time ingested: _____ (example: 6:45 am)
Time blood glucose tested: _____ (2 hours later, for example: 8:45 am)
Blood glucose: _____

How did you feel 2 hours after eating the carb you tested? _____
(calm, cranky, hungry, not hungry, irritable, etc)

How would you rank your mental clarity? 1 2 3 4 5

THE 4 PILLARS:

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day (Breakfast is omitted here as you will record your carb test values above).

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

7 DAY CARB TEST

Day 4 (continued)

Date: _____

Food (continued)

Were you ever "hangry" or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

7 DAY CARB TEST

Day 5

Date: _____

“We can change our lives. We can do, have, and be exactly what we wish.”
– Tony Robbins

Carb tested: _____ (example: white rice)
Amount: _____ (amounts are listed in the book, for white rice 1.14 cups or 6.35 oz)
Time ingested: _____ (example: 6:45 am)
Time blood glucose tested: _____ (2 hours later, for example: 8:45 am)
Blood glucose: _____

How did you feel 2 hours after eating the carb you tested? _____
(calm, cranky, hungry, not hungry, irritable, etc)

How would you rank your mental clarity? 1 2 3 4 5

THE 4 PILLARS:

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day (Breakfast is omitted here as you will record your carb test values above).

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

7 DAY CARB TEST

Day 5 (continued)

Date: _____

Food (continued)

Were you ever "hangry" or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

7 DAY CARB TEST

Day 6

Date: _____

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength. – Arnold Schwarzenegger

Carb tested: _____ (example: white rice)
Amount: _____ (amounts are listed in the book, for white rice 1.14 cups or 6.35 oz)
Time ingested: _____ (example: 6:45 am)
Time blood glucose tested: _____ (2 hours later, for example: 8:45 am)
Blood glucose: _____

How did you feel 2 hours after eating the carb you tested? _____
(calm, cranky, hungry, not hungry, irritable, etc)

How would you rank your mental clarity? 1 2 3 4 5

THE 4 PILLARS:

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day (Breakfast is omitted here as you will record your carb test values above).

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

7 DAY CARB TEST

Day 6 (continued)

Date: _____

Food (continued)

Were you ever "hangry" or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

7 DAY CARB TEST

Day 7

Date: _____

Don't count the days, make the days count.
– Muhammad Ali

Carb tested: _____ (example: white rice)
Amount: _____ (amounts are listed in the book, for white rice 1.14 cups or 6.35 oz)
Time ingested: _____ (example: 6:45 am)
Time blood glucose tested: _____ (2 hours later, for example: 8:45 am)
Blood glucose: _____

How did you feel 2 hours after eating the carb you tested? _____
(calm, cranky, hungry, not hungry, irritable, etc)

How would you rank your mental clarity? 1 2 3 4 5

THE 4 PILLARS:

Fill in the blank or rank from 1-5 (1 being poor or little, 5 being great) the following criteria:

Sleep:

How would you rate the quality of your sleep last night? 1 2 3 4 5

Did you wake up reasonably energized? 1 2 3 4 5

What time did you go to bed last night? _____

What time did you wake up this morning? _____

Total hours in bed: _____

Food:

Use the space below to write down your meals, beverages and any snacks for the day (Breakfast is omitted here as you will record your carb test values above).

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

How was your energy level and mental clarity throughout the day? (Particularly between meals?)

1 2 3 4 5

7 DAY CARB TEST

Day 7 (continued)

Date: _____

Food (continued)

Were you ever "hangry" or foggy headed? Yes No

If yes, at what time? _____

What were the circumstances that brought this about (what did you eat prior to feeling this way)?

How was your digestion today? 1 2 3 4 5

(Any gas or bloating? Nice, well formed poos, or did it look like a shot-gun art project? Well formed poos rate a 5, shot-gun art project rates a 1)

Movement:

How would you rate your movement today? 1 2 3 4 5

Today's Movement Goal: _____

Actual movement performed: _____

Community:

How would you rate your community today? 1 2 3 4 5

Did you get some good interaction with someone today? A Hug? Laugh?

How was your internal dialogue today? Please circle: Positive Negative

Were you aware of the nature of your self talk?

Three things I'm thankful for today:

- 1. _____
2. _____
3. _____

Examples: I'm thankful for my warm bed, I'm thankful for my family, I'm thankful that I'm able bodied, I'm thankful for clean air to breathe and clean water to drink, I'm thankful for my furry companion, etc

The Wrap Up

You did it! Pat yourself on the back. I hope you've found this guide to be helpful in making lifelong changes, not just with food, but with sleep, movement, and community.

Don't stop now!

Now that you've followed this program for 37 days you have a far greater understanding of how your body responds to different foods as well as the impact of sleep, movement, and community on your health. You've done the hardest work and I encourage you to keep up the habits that you've learned over the past month. And please remember that you're only human — if you make a dodgy food choice, don't use it as an excuse to completely derail your efforts — pick yourself up and get back on track.

from Wired To Eat:

“My success is driven, completely, by how effective I am at helping people. Junk-food companies by contrast, make their money by exploiting our evolutionary wiring which compels us to seek out new foods and flavors while spending as little time and effort as possible (Optimum Foraging Strategy). My job is to help you understand the rules of this game so you, your family and our whole society can be winners instead of unwitting victims of our modern junk food catastrophe. THAT is my motivation and if you're successful, I'm successful.”

Robb Wolf is a former research biochemist, health expert, and author of the New York Times bestseller **The Paleo Solution**. He has been a review editor for the *Journal of Nutrition and Metabolism* and *Journal of Evolutionary Health*; serves on the board of directors of Specialty Health medical clinic in Reno, Nevada; and is a consultant for the Naval Special Warfare Resilience Program. Wolf is also a former California State powerlifting champion and holds the rank of blue belt in Brazilian Jiu-Jitsu. He lives in Reno, Nevada with his wife Nicki, and daughters Zoe and Sagan.

