

E.R. SHRED FOOD / MOOD TRACKER



*A little progress each day
adds up to big results*

ELIMINATE RESET ~ SHRED

1 0 1

DRINK YOUR BONE BROTH DAILY

EAT AS MUCH MEAT AS YOU WANT
UNTIL YOU'RE COMPLETELY SATIATED

INCUBATE YOUR SHAKES

MOVE YOUR BODY

GET READY TO BE EMPOWERED MORE
THAN EVER IN YOUR LIFE!



Every new
day
is another
CHANCE
to change
your life.

A little progress each day
adds up to big results

Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:



WEEK OF

BREAKFAST

LUNCH

DINNER

SNACK

M

T

W

T

F

S

S



Thoughts That Create Urges

Example: I had a hard day. I deserve to eat this even though it's not part of my protocol.



Thoughts That Prevent Urges

Example: I can handle stress. I'm excited about the results I'm seeing so far.



DAILY *Reflection*

DATE:

M T W T H F S A S U

PHYSICAL ACTIVITY

OVERALL MOOD

QUALITY OF SLEEP

summary

CRAVINGS / SITUATIONS / TIMING OF MEALS

LESSONS AND TAKEAWAYS

MINDFUL EATING

Quotes

"FREEDOM FROM OBSESSION IS NOT ABOUT SOMETHING YOU DO, IT'S ABOUT KNOWING WHO YOU ARE. IT'S ABOUT RECOGNIZING WHAT SUSTAINS YOU AND WHAT EXHAUSTS YOU, WHAT YOU LOVE AND WHAT YOU THINK YOU LOVE BECAUSE YOU BELIEVE YOU CAN'T HAVE IT. COMPULSIVE EATING IS BASICALLY A REFUSAL TO BE FULLY ALIVE. NO MATTER WHAT WE WEIGH, THOSE OF US WHO ARE COMPULSIVE EATERS HAVE ANOREXIA OF THE SOUL. WE REFUSE TO TAKE IN WHAT SUSTAINS US. WE LIVE LIVES OF DEPRIVATION. AND WHEN WE CAN'T STAND IT ANY LONGER WE BINGE. WEIGHT IS WHAT HAPPENS WHEN YOU USE FOOD TO FLATTEN YOUR LIFE. IT'S ABOUT THE FACT THAT YOU'VE GIVEN UP WITHOUT SAYING SO. IT'S ABOUT YOUR BELIEF THAT IT'S NOT POSSIBLE TO LIVE ANY OTHER WAY, THAT YOU'RE USING FOOD TO ACT THAT OUT WITHOUT EVER HAVING TO ADMIT IT."

~GENEEN ROTH

MINDFUL EATING

Affirmations

| GIVE MY BODY PERMISSION TO CHANGE

| FIND IT EASY TO EAT THIS WAY

| TREAT MY BODY WITH RESPECT

| LOVE EATING THIS WAY

INTUITIVE EATING IS A JOURNEY, AND I AM
LEARNING AS I GO

IT'S OKAY TO NOT KNOW WHAT MY BODY
NEEDS RIGHT NOW, I AM FIGURING IT OUT

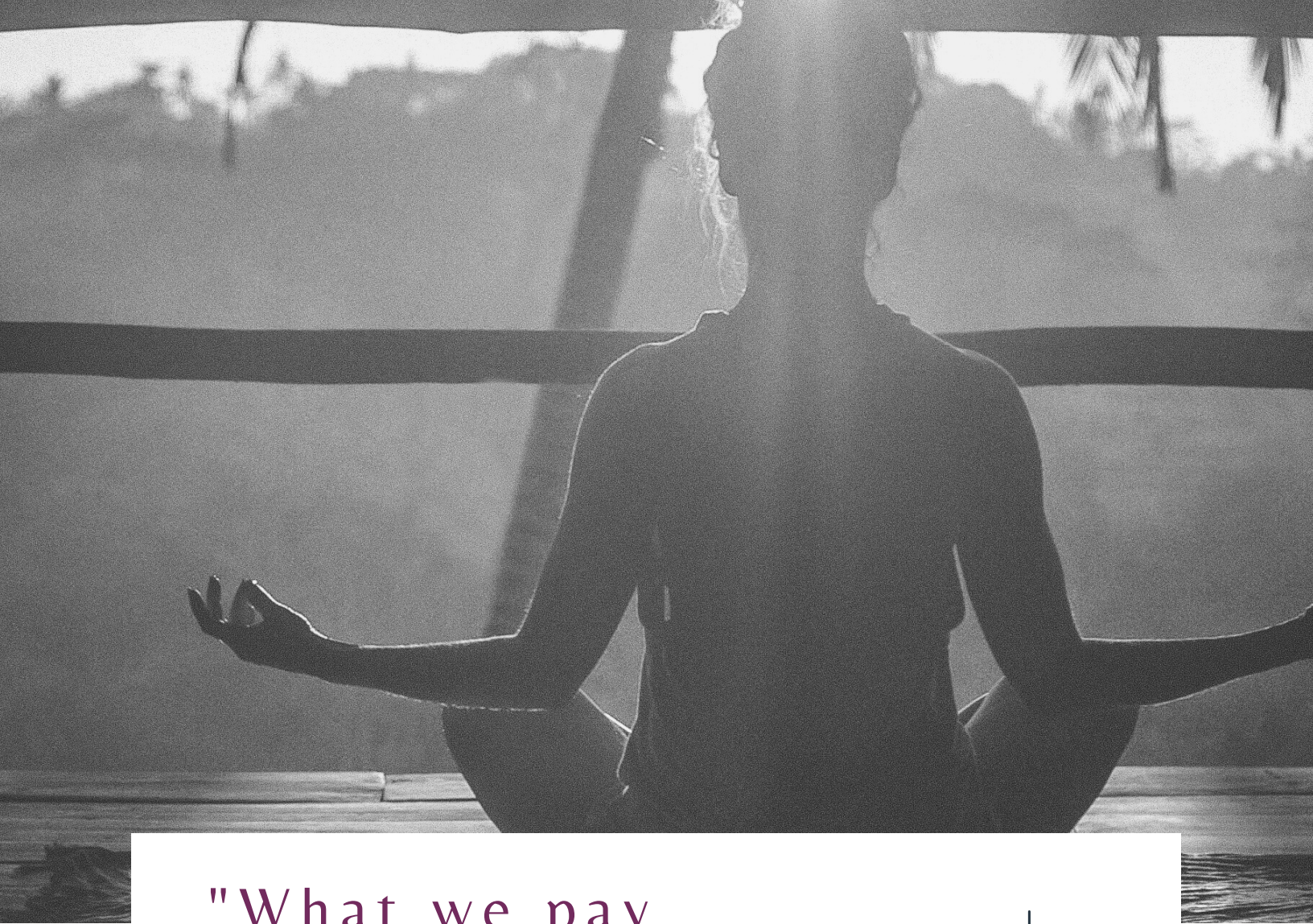
I'M IN CONTROL OF WHAT I EAT

| KNOW FOOD IS NOT THE SOLUTION TO
STRESS

| FILL MY TIME WITH PRODUCTIVE
ACTIVITIES

| AM FILLED WITH ENERGY

| FEEL GOOD ABOUT MYSELF



"What we pay
attention to grows.
Pay attention to your
loveliness, your
magnificent self.
It's never been true,
not anywhere at any
time, that the value of
a soul, of a human
spirit, is dependent on
a number on a scale."
~Geneen Roth