



# Fuel Your Body

Program Workbook

TOTALWELLNESS



# Welcome!

You are taking a big step in creating forward movement for your life! The Fuel Your Body program is designed to educate you and show you how to work toward improving your nutrition. Use this workbook to follow along during the weekly webinars, practice what you are learning, and write down your thoughts.

## How to complete the Fuel Your Body program:

1. Complete the survey at the beginning of the program.
2. Complete all six weekly video sessions.
3. Complete the survey at the end of the program.
4. Enjoy your happy, healthy, stress-free lifestyle!

Each of our six weeks together will address a different aspect of a nutritionally healthy lifestyle. Return to this workbook for new information and challenges each week!

Week 1: Tell Your Story	3
Week 2: Take Action	6
Week 3: Prepare for Success	9
Week 4: Create Habits	12
Week 5: Embrace Mistakes	15
Week 6: Celebrate You!	18



# Week 1: Tell Your Story

What are your reasons for adopting a healthier lifestyle? Why now?

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How do you think being nutritionally healthier will add value to your life?

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Identify the barriers you face in trying to regularly eat a healthy diet:

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Summarize your emotions about healthy eating:

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## Action Plan:

1. Get started! Log your nutrition this week (page 4).
2. Have a conversation with a healthy eater (page 5).

# Week 1: Nutrition Log

Use the table below as a guide to create a nutrition log. Record the snacks and meals you consume. Include what you eat and how much, as well as when you ate it. Tally up the servings of healthy meal elements you consume daily at the top of the table.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whole Grains							
Healthy Proteins							
Fruits							
Vegetables							
Healthy Oils							
Water							
<b>Breakfast</b> Time:							
<b>Snack</b> Time:							
<b>Lunch</b> Time:							
<b>Snack</b> Time:							
<b>Dinner</b> Time:							
<b>Snack</b> Time:							

Notes about this week's nutrition:

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# Week 2: Take Action

What are the six elements of a healthy eating plate?

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What did you learn about portion sizes this week?

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Breakfast is the most important meal of the day. How can you change your morning routine to ensure breakfast is a part of it?

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## Action Plan:

1. Get eating! Log your nutrition this week (page 7).
2. Create a SMART goal for healthy eating (page 8).

# Week 2: Nutrition Log

Use the table below as a guide to create a nutrition log. Record the snacks and meals you consume. Include what you eat and how much, as well as when you ate it. Tally up the servings of healthy meal elements you consume daily at the top of the table.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whole Grains							
Healthy Proteins							
Fruits							
Vegetables							
Healthy Oils							
Water							
<b>Breakfast</b> Time:							
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<b>Lunch</b> Time:							
<b>Snack</b> Time:							
<b>Dinner</b> Time:							
<b>Snack</b> Time:							

Notes about this week's nutrition:

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# Week 2: SMART Goals

No matter how big or small your goal - whether it's losing 5 or 50 pounds, reading food labels or learning to cook - making change requires planning and SMART goals.

Follow these guidelines to setting SMART goals and you'll be surprised at what you can accomplish:

**Specific.** Your goal should be clear and easy to understand.

**Measurable.** A goal to "lose weight" is not enough. How will you track your progress and how you will know when you've reached your goal? Making your goal measurable means adding a number.

**Attainable.** Before you can add a number, you have to know how high or low you want to go. It's good to 'shoot for the stars', but don't be too extreme. Likewise, a goal that is too easy is not very motivating. Only you know your limits.

**Relevant.** Set goals that are important to where you are in your life right now. Don't set a goal that someone else is pressuring you to attain - that isn't very motivating or purposeful.

**Time-bound.** Include a time-line. Knowing that you have a deadline motivates you to get started.

## A few examples:

"I will eat my daily recommended amount of vegetables this week."

"I will cut down on the my fat intake by switching from 2% milk to 1% milk this month, and then switching to skim milk next month."

"By the end of the year I will have lost at least 5 pounds by focusing on my nutrition."

Now create your SMART goal:

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# Week 3: Prepare for Success

Think of how planning out your meals in advance will help you stick with your nutritional goals. What kind of meal planning methods will you try?

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What are some healthy snacks you'd like to try?

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Name some of the important things to look for on a food label.

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## Action Plan:

1. Get eating! Log your nutrition this week (page 10).
2. Write down what you're committed to this week (page 11).

# Week 3: Nutrition Log

Use the table below as a guide to create a nutrition log. Record the snacks and meals you consume. Include what you eat and how much, as well as when you ate it. Tally up the servings of healthy meal elements you consume daily at the top of the table.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whole Grains							
Healthy Proteins							
Fruits							
Vegetables							
Healthy Oils							
Water							
<b>Breakfast</b> Time:							
<b>Snack</b> Time:							
<b>Lunch</b> Time:							
<b>Snack</b> Time:							
<b>Dinner</b> Time:							
<b>Snack</b> Time:							

Notes about this week's nutrition:

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# Week 4: Create Habits

What are the some ways to develop healthy eating habits?

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How will you stay hydrated this week?

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The best way to make healthy eating a habit is to start with choices that are so easy you can make them anytime and anywhere. In the words of Leo Babauta, start with something that is so easy you can't say no.

Tiny Habits: What is one tiny habit you can start? Consider your motivation, your ability and what will trigger the action.



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## Action Plan:

1. Get eating! Log your nutrition this week (page 13).
2. Adopt some specific healthy eating habits (page 14).

# Week 4: Nutrition Log

Use the table below as a guide to create a nutrition log. Record the snacks and meals you consume. Include what you eat and how much, as well as when you ate it. Tally up the servings of healthy meal elements you consume daily at the top of the table.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whole Grains							
Healthy Proteins							
Fruits							
Vegetables							
Healthy Oils							
Water							
<b>Breakfast</b> Time:							
<b>Snack</b> Time:							
<b>Lunch</b> Time:							
<b>Snack</b> Time:							
<b>Dinner</b> Time:							
<b>Snack</b> Time:							

Notes about this week's nutrition:

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# Week 5: Embrace Mistakes

Life happens. You wake up with the stomach flu or your client calls at 8 p.m. and wants an update on numbers. You will hit speed bumps along your journey. But the trick is to keep going and push through bad days. Focus on positive days, not slipups.

Review your nutrition logs from the past few weeks. Notice any patterns?

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What three steps can you take to help you recover when you slipup?

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What does your bounce-back plan look like?

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## Action Plan:

1. Get eating! Log your nutrition this week (page 16).
2. Write about an experience of past failure (page 17).

# Week 5: Nutrition Log

Use the table below as a guide to create a nutrition log. Record the snacks and meals you consume. Include what you eat and how much, as well as when you ate it. Tally up the servings of healthy meal elements you consume daily at the top of the table.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whole Grains							
Healthy Proteins							
Fruits							
Vegetables							
Healthy Oils							
Water							
<b>Breakfast</b> Time:							
<b>Snack</b> Time:							
<b>Lunch</b> Time:							
<b>Snack</b> Time:							
<b>Dinner</b> Time:							
<b>Snack</b> Time:							

Notes about this week's nutrition:

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# Week 6: Celebrate YOU!



Pat yourself on the back - you've come a long way. Notice that feeling of being rewarded. Your body and brain love it! Success is built on success, so celebrate those successes to create more of them.

What has gone well over the past six weeks?

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What have you achieved that has surprised you?

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What will you do to celebrate, recognize and acknowledge your achievements?

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## Action Plan:

1. Celebrate your success!
2. Get moving! Log your nutrition this week (page 19).
3. Think about how you'll keep moving forward (page 20).

# Week 6: Activity Log

Use the table below as a guide to create a nutrition log. Record the snacks and meals you consume. Include what you eat and how much, as well as when you ate it. Tally up the servings of healthy meal elements you consume daily at the top of the table.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whole Grains							
Healthy Proteins							
Fruits							
Vegetables							
Healthy Oils							
Water							
<b>Breakfast</b> Time:							
<b>Snack</b> Time:							
<b>Lunch</b> Time:							
<b>Snack</b> Time:							
<b>Dinner</b> Time:							
<b>Snack</b> Time:							

Notes about this week's nutrition:

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# Week 6: Moving Forward

Wow, you made it - week six! You have done so much work up to this point. Applaud yourself for all of your efforts.

Now is the time to re-commit to your goals and use the techniques that you have learned during the past six weeks to keep moving forward. From here on out, your mission is to eat healthily each day.



What is the change you are most proud of in the last six weeks?

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Where do you go from here? How can you keep the momentum going?

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Where do you want to be in three months?

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Now, what do you need to make this happen?

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# Congratulations!

You completed the program. Thank you so much for making your life a priority and for sticking with it. You've already taken more action than most people - just finishing this program is no small feat. Acknowledge yourself for all that you've accomplished!



Remember, persistence pays off. The road doesn't stop here; it has only just begun. Use the tools you've learned during these six weeks to continue your success in all aspects of life. Keep up the amazing work that you've started; think of the momentum you've built up and use it to improve your entire life.

