



January Challenge

Get Fired Up About Your Food Log

Keeping a food log might sound lame. I mean, we are supposed to be *changing* the way we eat, not *writing* about it. However, it is only a food log that can give you concrete information that will fuel a permanent change from old eating habits and into new.

Typically, our habits are like wheel tracks on a dirt road. It is the easiest thing to drive on and when we try to go off-roading the ride is bumpy, brutal and hard. Keeping a food log is like looking at that path from an eagle's eye and noticing the curves that are keeping you from getting to your destination.

When I started my first food log, I was so surprised to find that the problem wasn't my meals, it was the snacking in the late afternoon and evening. Changing my meals drastically wasn't going to give me any long-term change. Instead, I had to change the patterns of eating that were happening during times that I was not even hungry.

This month's challenge is simple:

Start a Food Log and Keep it Daily

In this PDF you'll find 3 important things.

1. Your mind-setter page.
2. The monthly tracker and instructions.
3. And, a challenge reflection page.

You can print out this PDF or use it as a guide along with apps, notebooks, and journals.

Remember to sign up for the private Facebook page for community and encouragement and keep checking your email for extra support.

You've got this, sweet sister! I'll be doing this challenge right alongside you. We're in it together.

-Lora



Your Mind-Setter Page

After possibly decades of dieting, odds are that you're already familiar with eating habits and self-care practices that get you the results you love. Before you start your food log, I want to encourage you to go somewhere quiet or sit down with an accountability partner and go through these questions.

What do you think needs to change in your diet?

How do you physically & emotionally feel most days when you wake up?

How do you physically & emotionally feel most days before you go to bed?

What are two things you feel you are missing in order to be successful in weight loss?

How do your friends and family feel about your decision to work on your health?

What do you expect the food log will show you?

Now that you've answered those questions, turn to the next page and thoughtfully begin your food log for the next few weeks.



January Challenge Tracker

This month we are simply going to keep an accurate food log so that we can start noticing patterns and definite areas needed to start changing our life. To begin, I recommend going through these steps:

1. Go through the questions on page 2 either writing them down in a journal OR talking them over with a trusted friend.
2. Find a convenient place to keep your food log that is accessible at home, work, etc. Some good places might be a small notebook, the notes app on your phone, or taking pictures of your meals and transcribing them later.
3. Keep your log daily, either writing down after you eat or filling it out at the end of the night.

January

Focus	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Keep a Food Log							<input type="checkbox"/> 6
	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13
	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20
	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27
	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30	<input type="checkbox"/> 31			



Challenge Reflection

Taking a moment to stop and reflect on your growth and lessons learned is a crucial step. This will only take a few minutes but it is worth it.

Grab a pen and paper or your notes app and let's do this!

What is one positive healthy trend you notice in the way you are eating?

What is one trend you would like to change?

What surprised you about how you typically eat?

What is the first change you like to make in your diet?

Where do you see emotional eating or overeating come up the most?

Sweet Sister,

I'm so proud of you! This has been courageous, difficult work, but worth every stroke of a pen or click of a keyboard. Best of all, it will set you up for great success in the coming challenge.

Until next month!

-Lara

