

Nourish & Notice Worksheet

Use this worksheet to record when and what you eat throughout the day. As you track your meals and snacks, you may begin to notice patterns in your eating habits. This awareness can help you decide whether you'd like to make changes or continue with what's working for you—at your own pace and without judgment.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drink room temperature water when you first wake up!!	Suck it up and someday you won't have to suck it in!	Rule your mind or it will rule you. -Horace	Energy and persistence conquers all things. -Ben Franklin	Nothing great was ever achieved without enthusiasm. -Ralph Waldo Emerson	Just do It! -Nike	Rest day!
Breakfast time: _____	Breakfast time: _____	Breakfast time: _____	Breakfast time: _____	Breakfast time: _____	Breakfast time: _____	Breakfast time: _____
Snack time: _____	Snack time: _____	Snack time: _____	Snack time: _____	Snack time: _____	Snack time: _____	Snack time: _____
Lunch time: _____	Lunch time: _____	Lunch time: _____	Lunch time: _____	Lunch time: _____	Lunch time: _____	Lunch time: _____
Snack time: _____	Snack time: _____	Snack time: _____	Snack time: _____	Snack time: _____	Snack time: _____	Snack time: _____
Dinner time: _____	Dinner time: _____	Dinner time: _____	Dinner time: _____	Dinner time: _____	Dinner time: _____	Dinner time: _____

