

Your name: _____

Date: _____



YOUR HEALTHY MIND WORKBOOK

MODULE 1: WHOLE FOODS

This is your blank canvas to track your goals around food, gastrointestinal health, sugar regulation and toxins. Some goals will be too big to tackle and will need to be broken into smaller steps.

Main Goal.	List a concrete behavior you want to modify.	List bite-sized actions to tackle your main goal.	How will you track your progress? How will you celebrate progress?	What is the start date, timeframe and deadline?	Support people or systems.	Goal met? (Y/N)
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