

The background is a solid teal color. It is decorated with white line-art illustrations of flowers and leaves. There are several large, five-petaled flowers with detailed centers, and many smaller leaves and buds scattered around them. The central text is written in a black, elegant cursive script.

*Wellness
Boost
Journal*

Daily Check-in

Check-in with yourself daily while on this journey. Here are some questions to ask yourself:

- ✓ What is working/what is going well? Keep your attention on what is working and what you are finding to be positive. By doing this, you will only experience more of it.
- ✓ What am I learning?
- ✓ How is it going so far?
- ✓ What changes are you noticing?
- ✓ How is your sleep?
- ✓ How is your energy level?
- ✓ How are your moods?
- ✓ What are you grateful for?
- ✓ What are your favorite new foods?
- ✓ How do you feel without refined foods?

Day 1 Check-in

Date: _____

How did I feel upon waking?

What am I looking forward to today?

What do I want to remember about today?

What am I grateful for today?

Journal about anything or answer some of the check-in questions.

How many glasses of water did I drink today? _____

Day 2 Check-in

Date: _____

How did I feel upon waking?

What am I looking forward to today?

What do I want to remember about today?

What am I grateful for today?

Journal about anything or answer some of the check-in questions.

How many glasses of water did I drink today? _____

Day 3 Check-in

Date: _____

How did I feel upon waking?

What am I looking forward to today?

What do I want to remember about today?

What am I grateful for today?

Journal about anything or answer some of the check-in questions.

How many glasses of water did I drink today? _____

Day 4 Check-in

Date: _____

How did I feel upon waking?

What am I looking forward to today?

What do I want to remember about today?

What am I grateful for today?

Journal about anything or answer some of the check-in questions.

How many glasses of water did I drink today? _____

Day 5 Check-in

Date: _____

How did I feel upon waking?

What am I looking forward to today?

What do I want to remember about today?

What am I grateful for today?

Journal about anything or answer some of the check-in questions.

How many glasses of water did I drink today? _____

Weekly check in

DATE _____

TOP 3 THINGS I DID THIS WEEK

- _____
- _____
- _____

MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



Tracking Food Reintroduction

Food	Any Symptom / Feeling for 3 days	