



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?



Day 6 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 7 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



Day 8 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 9 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 10 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 11 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 12 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 13 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 14 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?



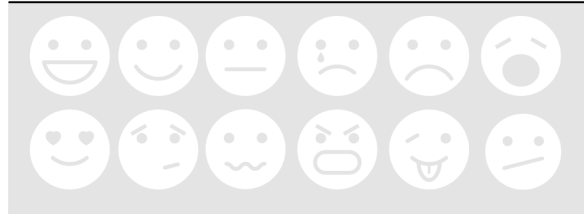
Weekly check in

DATE _____

TOP 3 THINGS I DID THIS WEEK

- _____
- _____
- _____

THIS WEEK I FELT



MOST REWARDING INTERACTION I HAD THIS WEEK

NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



Day 15 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 16 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 17 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 18 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 19 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 20 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 21 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

- _____
- _____
- _____

THIS WEEK I FELT



MOST REWARDING INTERACTION I HAD THIS WEEK

NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



Food Reintroduction How-To:

- Choose the food you wish to trial and eat it a couple of times on day 1.
- When eating it for the first time, only eat one bite. Wait 15-20 minutes to notice any reactions. If none occur, take one more small bite.
- Again, wait another 15-20 minutes. If no symptoms arise, take another bite.
- Do not take another bite for 2-3 hours, staying in tune with how your body feels.
- Watch for a return of previous symptoms or any of the following signs or symptoms:

mood changes	brain fog
headache	dizziness
fatigue	unusual food cravings
heartburn or reflux	muscle or joint pain
skin reaction (redness, hives)	gas
bloating	nausea
constipation	diarrhea
puffiness	sneezing
itchy eyes	itchy nose
coughing/throat clearing	changes in sleep

note: there may be others

If no negative reactions occur, the next serving (same day) can be a full-size serving.

If a negative reaction occurs, discontinue eating the food and make note in your food journal. Wait 3-5 days to retry the same food or re-introduce a new food on your list.

Follow the same procedure for each new food brought in.

Reintroduction of foods after a healing diet is slow going and not a process to be rushed. It's understandable to want to eat all your favorite missed foods, but following the above process can ensure success and, ultimately a diet that is more diverse.of body text

Tracking Food Reintroduction

Food	Any Symptom / Feeling for 3 days