



BODY TALK

The body is always communicating. Listen & take note.

DATE

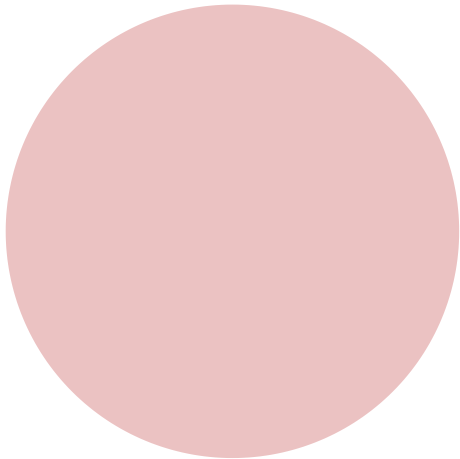
SPIRIT How was your day? Positive/negative? Relaxed/stressed? How did that impact your body? Make a note below.

NUTRITION How did the food you ate today impact your body, your mood and your energy? What foods make you feel good? What foods made you feel bad? Make a note below.

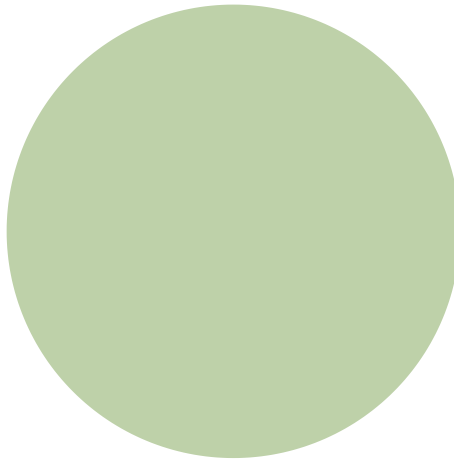
MOVEMENT How did you move your body today? How did that impact your body, your mood and your energy? What movement made you feel good? What movement made you feel bad? Make a note below.

NOTICE the patterns.

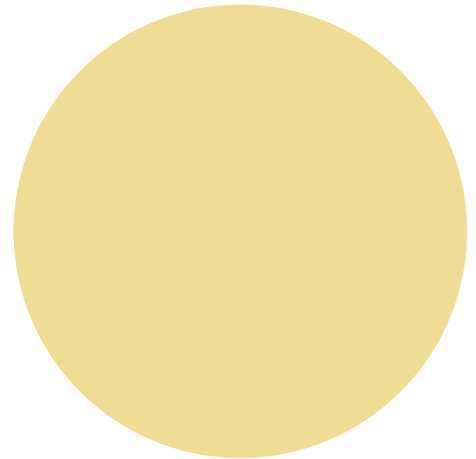
NUTRITION



SPIRIT



MOVEMENT



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