

## I ♥ DIET Daily Checklist:

### Did I nurture my nutritional health today?

- Protein First (60-105g Protein)
- Lots of Water - 64+ ounces: observed liquid restrictions
- No Snacking: avoided Slider Foods
- Did I take my prescribed vitamin & mineral supplements?
- Was I mindful of my fork?
- Did I follow my meal plan or make reasonable adjustments if necessary?
- Did I make intelligent food choices?

### Did I nurture my physical health today?

- 30 minutes of exercise
- Wiggle therapy
- Breathing exercises
- Fit is It Challenge
- Did I respond to my Needful Pings before turning to food?

### Did I nurture my emotional & spiritual health today?

- Was I my own caregiver today?
- Did I stay on PAR?
- Have I created my own enthusiasm for Head Hunger?
- Did I clean up and forgive my dropped eggs?
- Did I practice and embrace receptiveness to new things?
- Have I openly or privately expressed appreciation today?
- I am a work in progress: have I raked my rocks today?

### Did I nurture my social wellness today?

- Did I seek support when I needed it?
- Did I offer support to those whom I could help?
- Did I share a laugh and make a silly memory with someone I cherish today?
- Did I practice Distance & Distraction when retreat was necessary?

### Notes for Tomorrow:

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