



Track Your Daily Healthy Choices and How They Make You Feel

Use this journal to turn ideas & intentions into action. Notice what gets in your way, what helps you stay motivated, and take small steps to move forward.

Tips for Using Your NOURISH Journal

- Be **specific** about the small step you took (e.g., “Added 1 tsp chia seeds to oatmeal,” “Replaced sugar with applesauce in muffins”).
- Notice **how you feel**—energy, mood, fullness, pain level, digestive effect, etc.
- Use the **Notes / Observations** column to record ideas, challenges, or things you want to try next.
- Review your entries weekly to **celebrate your progress** and plan your next NOURISH Step(s)!

***NOURISH stands for:** Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, Hydrate.



Date	NOURISH Step Category	Specific Action(s) Taken	How It Made You Feel	Notes/Observations

Remember: Healthy changes are about **small, consistent steps, not perfection.**

Each NOURISH Step counts!  *If you want more pep, take a NOURISH Step!*