



MEALPLANNER
&
FOOD / MOOD
TRACKER

A little progress each day
adds up to big results




Dr. DeeAnna Merz Nagel



DAILY REFLECTION
PAGES
&
AFFIRMATION
SHEET

*A little progress each day
adds up to big results*



MONTHLY GOAL
TRACKER
&
HUNGER SCALE

*A little progress each day
adds up to big results*

WEEK OF

BREAKFAST

LUNCH

DINNER

SNACK

M

T

W

T

F

S

S



Shopping List





DAILY Reflection

DATE:

M T W T H F S A S U

PHYSICAL ACTIVITY

OVERALL MOOD

QUALITY OF SLEEP

summary
CRAVINGS / SITUATIONS / TIMING OF MEALS

LESSONS AND TAKEAWAYS

MINDFUL EATING

Affirmations

| GIVE MY BODY PERMISSION TO CHANGE

| DESERVE TO NOURISH MY BODY

| TREAT MY BODY WITH RESPECT

IT'S OKAY TO NOT KNOW WHAT MY BODY
NEEDS RIGHT NOW, | AM FIGURING IT OUT

| SEE ALL FOOD AS EQUAL, NO FOOD IS
GOOD OR BAD

THE FOODS | CHOOSE TO EAT DO NOT
IMPACT MY SELF WORTH

| FORGIVE MY PAST SELF FOR DIETING AND |
CHOOSE TO BE FREE MOVING FORWARD

INTUITIVE EATING IS A JOURNEY, AND | AM
LEARNING AS | GO



Dear Me,

I know you're
scared but you
can handle this.

Love, Me



Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:



Intuitive Eating
HUNGER SCALE



- 1 . STARVING, WEAK, DIZZY
- 2 . VERY HUNGRY, IRRITABLE, LOW ENERGY, STOMACH GRUMBLING
- 3 . PRETTY HUNGRY, STOMACH BEGINNING TO GROWL
- 4 . BEGINNING TO FEEL HUNGRY
- 5 . SATISFIED, NEITHER HUNGRY NOR FULL
- 6 . SLIGHTLY FULL, PLEASANTLY FULL
- 7 . SLIGHTLY UNCOMFORTABLE
- 8 . FEELING STUFFED
- 9 . VERY UNCOMFORTABLE, STOMACH IS ACHING
- 10 . VERY FULL AND FEELING SICK

INTUITIVE EATING

1 0 1

EAT WHEN YOU'RE HUNGRY

STOP EATING WHEN YOU'RE SATISFIED

EAT THINGS THAT MAKE YOU FEEL GOOD

MOVE YOUR BODY

TRUST YOURSELF



THE END!

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