NUTRITIONAL WELLNESS SUMMIT

PRE SUMMIT: NUTRITIONAL WELLNESS FOUNDATIONS

What does nutritional wellness mean to you?

Where are you at right now with regard your nutritional wellness?

What has been your biggest stumbling block with regard your nutrition?

Why is your nutritional wellness important to you now?

Where do you want to be with your nutritional wellness?

What are your goals for this Summit?

3 areas addressed in the Summit you are most committed to focusing on:

YOUR TO-DO LIST

- [ ] Watch the Welcome Video in the Facebook Group
- [ ] Share Summit content to your personal Facebook timeline or Instagram.
- [ ] Post a video or write-up in the Facebook Group about the Three Areas You are Most Committed To!
- [ ] Mark your calendars for kick-off live June 9th, 7pm EST
- [ ] Fill out your baseline report using our template (hint: it's page #2 of this document)
- [ ] Take a photo or screen shot of this page and share in the Facebook Group

NUTRITIONAL WELLNESS SUMMIT

PRE SUMMIT: BASELINE REPORT

THE DIMENSIONS OF NUTRITIONAL WELLNESS

Rate Yourself 1-10 in each of the dimensions: (1 – not at all; 10 – all the time)

WHY I EAT

Food as Nutrition	
Foods as Medicine	
Stress & Emotions	

WHAT I EAT

Whole Food Plant Focused	
Organic, Grass Fed, Pasture Raised, Free Range, Wild	
Herbs & Spices	
Supplements	

HOW I EAT

Intentionally	
Mindful & Intuitively	
Intermittent Fasting	

3 areas you are most committed to improving:

Looking at your results above, where do you think you are now with regard your Nutritional Wellness?

Why do you think you are here?

Where do you want to be?

YOUR TO-DO

☐ Take a photo or screen shot and share in the Facebook Group