

The Five E's to Weight Release Worksheet
Encourage Change ~ Enlighten Yourself
Enjoy Life ~ Exercise Daily ~ Eat Healthy

Date _____

Encourage Change

Reason _____

The one-way activity or relationship I release this week (or if really big, this month), is:

Enlighten Yourself

Meditation/Prayer _____ Yes

Daily Reading _____ Yes

Peaceful thought for the day _____

Enjoy Life

I enjoyed _____

Exercise Daily

Type/How Long _____

Eat Healthy (write protein foods in red)

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Do not eat after 7 pm. Protein foods include: red meat, chicken, fish, eggs, cheese, nuts, peanuts, peanut butter, protein powder shakes (whey or soy), protein bars with 14 gm or more of protein.

Supplements: Pro Bono[®] (multi vitamin/bone health) 2 packets per day _____

Fiber Plus 1 per day _____

Both from HealthyVitality.biz

High Five, Pat on the back, Woohoo for: _____

I am grateful for: _____

I send Blessings to: _____

Reflection ~ The emotion I felt which caused me to overeat: _____

Next time, instead of over-eating I will: _____