

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

Date _____

Encourage Change

Reason _____

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, [Whey Protein Nutrition Shake](#)® in chocolate or vanilla, protein bars with 14 gm or more of protein.

Supplements: [Orthomolecular Alpha Base without Iron](#)® 4 capsules per day
[Orthomolecular Fiber Plus](#)® 1-3 capsules per day with 8 oz water per capsule
See [HealthyVitality.biz](#) for these pharmaceutical-grade supplements

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

I am grateful for: _____

Reflection ~ The emotion I felt from lack of planning which caused me to overeat: _____

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

www.maryseger.com
www.HealthyVitality.biz