

7 KEYS TO UNLOCK YOUR PERSONALIZED FOOD CHAIN



 Key #1:

True or False: It's not necessary to be super-specific about how you want to improve your health and why you want to improve it.

- True False

Fill in the blank: Knowing why you are making a change gives you _____
_____.

Name it to claim it: What is a specific goal that you have for your health?

 Key #2:

Why is this key so important?

True or False: Committing to finding the best way of eating for you is a way of telling yourself that you deserve to look and feel amazing.

True

False



What are three ways this key is important to helping you unlock your personalized food chain?

1. _____

2. _____

3. _____

Food for thought: You don't have to accept how your current diet makes you feel, but in order to feel better, you do have to have the courage to change it.

Get it out there: What are you afraid of as it relates to changing the food you choose to eat?


 Key #4:

Fill in the blank: Believing that your current eating pattern is healthy may have given you a _____ about the impact those foods are having on you.

Circle all the things this key applies to:

<u>Physiology</u>	<u>Environment</u>	<u>Lifestyle</u>	<u>Preferences</u>
Detox capability	Chemicals in food	Work schedule	Foods enjoyed
Nutrient needs	Season of the year	Stress	Foods avoided
Digestion	Medications	Sleep cycle	Beverage choices
Energy creation	Food availability	Social support	Cooking frequency


 Key #5:

Fill in the blanks: This key is necessary so that you can reset your _____,
 _____, _____ and _____.

True or False: Your body has a pattern of behavior that is based on your pattern of behavior, including what and when you eat.

True False

Food for thought: Eating and sharing food with others contributes to our physical, mental and emotional health.



Fill in the blanks: Making changes is easier when you are connected to people who can _____ and _____ you through the process.

List people with whom you can connect to help you follow through on your dietary changes:

1. _____
2. _____
3. _____
4. *Stephanie Dunne, MS, RD* ☺

 **Key #7:**

Why is this key so important when you're trying to change your health through food?

Food for thought: You have to believe that you deserve to look and feel your best, and you have to believe that it's possible.

Be honest: On a scale of 1 to 10 with 1 being "not confident" and 10 being "totally confident", how confident are you that you can use food to achieve your goals for your health and life?

Not confident at all

Totally confident

1 2 3 4 5 6 7 8 9 10

What would increase your confidence?
