



My Goals & Motivating Factors

What I want is...

What would having this do for you?

Why is that important or what is your Big MOFA (Motivating Factor)?

Finding My Balance

Healthy eating has become so overwhelmingly detailed and sophisticated making it difficult to know what is right or wrong for your body. Healthy eating is NOT about limitations, eating bland or mini size meals. Healthy eating IS about food that tastes great, leaves you feeling satisfied and gives you the abundance of energy that you need to get the results you want.

The Dial In Your Diet Workshop is designed to help you identify the right balance of high-energy foods for your body that is sustainable so you can live your fullest life with your ideal health and weight.

Circle A or B for which response best fits you in most cases.

- 1. I sleep best if:**
 - A. my dinner is mainly meat with some vegetables or other carbs
 - B. my dinner is mainly vegetables or other carbs and a comparatively small serving of meat
- 2. I sleep best and wake up feeling rested if:**
 - A. I don't eat sweet desserts like cakes, candy or cookies. If I eat a rich dessert that is not overly sweet such as high-quality full-fat ice cream, I tend to sleep ok
 - B. I occasionally eat a sweet dessert before I go to bed
- 3. After vigorous exercise, I feel best when I consume:**
 - A. foods or drinks with higher protein and/or fat content, such as a high-protein shake or meal
 - B. foods or drinks higher in carbs such as Gatorade or piece of fruit
- 4. I do best and maintain mental clarity and a sense of well-being for up to 4 hours after a meal when I eat:**
 - A. a meal containing heavier meats such as chicken legs, beef and salmon, with a smaller portion of carbs
 - B. a meal containing vegetables, bread or rice and a small portion of a lighter meat (chicken breast or white fish)
- 5. If I am tired and I eat sugar/sweet foods (donuts, candy, sweetened drinks etc.) without a good amount of fat or protein:**
 - A. I get a rush of energy but then I am likely to crash and feel sluggish.
 - B. I feel better and my energy levels are restored until my next meal
- 6. I often:**
 - A. add salt to my foods
 - B. find that foods are too salty for my liking
- 7. Instinctually, I prefer to eat:**
 - A. dark meat, such as the chicken or turkey legs and thighs over the white breast meat
 - B. light meat such as chicken or turkey breast over the dark leg and thigh meat
- 8. Which list of fish most appeals to you?**
 - A. herring, mussels, abalone, clams, crab, lobster, mackerel, octopus, oyster, salmon, scallops, shrimp, squid, tuna (dark)
 - B. white fish, catfish, cod, flounder, haddock, perch, scrod, sole, trout, tuna (white), turbot
- 9. With regards to snacking:**
 - A. I tend to do better when I snack between meals or eat more small meals throughout the day
 - B. I tend to last between meals without snacking
- 10. Which describes the way you instinctually prefer to start your day to feel your best with the most energy?**
 - A. a large breakfast that includes protein and fat, such as eggs with sausage or bacon
 - B. a light breakfast such as cereal, fruit, yogurt, breads and possibly some eggs

Number of A's _____

Number of B's _____

My Type is...

Protein Type	Mixed Type	Carb Type
A answers are 3 or more than B	A and B answered tied or within 2	B answers are 3 or more than A
Optimal Diet: 45% protein 35% carbs 20% fats/oils	Optimal Diet: 40% protein 50% carbs 10% fats/oils	Optimal Diet 20% protein 70% carbs 10% fats/oils

Action Items

1. _____
2. _____
3. _____

My biggest aha, insight or takeaway from today was....

**This is not recommended for treatment of any disease and/or condition. It is recommended that you consult with your doctor or physician for any medical concerns and changes to your lifestyle for improved health.

Food & Body language Log

List all foods and drinks consumed. Assess yourself 30 minutes to 2 hours after eating ("xs"=excess, "F"=Fat, "P"=Protein, "C"=Carbs)

What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:	Protein Type  <ul style="list-style-type: none"> ■ Protein ■ Carbs ■ Fats 	Satisfaction	<input type="checkbox"/> Feel full & content <input type="checkbox"/> No sweet cravings <input type="checkbox"/> No need for snack	<input type="checkbox"/> Physically full BUT still hungry (xs F/P) <input type="checkbox"/> Desire for something sweet (xs F/P) <input type="checkbox"/> Need to snack (xs C, not enough food)
	Carb Type  <ul style="list-style-type: none"> ■ Protein ■ Carbs ■ Fats 	Energy	<input type="checkbox"/> Feel recharged <input type="checkbox"/> No feeling of crashing <input type="checkbox"/> Energy is even, not radically up/down	<input type="checkbox"/> Energy has not improved (xs F/P) <input type="checkbox"/> Feel wired but tired (xs C) <input type="checkbox"/> Need a nap (xs C)
	Mixed Type  <ul style="list-style-type: none"> ■ Protein ■ Carbs ■ Fats 	Mood	<input type="checkbox"/> Feel uplifted <input type="checkbox"/> Mind is clear, no fog <input type="checkbox"/> Can easily put words and thoughts together	<input type="checkbox"/> Feel anxious/irritable (xs C) <input type="checkbox"/> Mind is cluttered or foggy (xs C) <input type="checkbox"/> Stomach feels heavy (xs F/P)

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What did I learn from these 2 meal assessments?

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