



Eat fruits and vegetables in abundance



portions of healthy foods

Eat protein foods

- **1/2 FRUIT AND VEGETABLES**
- **1/4 CEREALS**
- **1/4 PROTEIN AND WATER**
- **STAY WELL HYDRATED**
- **GET ENOUGH SLEEP**
- **WALK OR MOVE**



Choose foods whole grains



Check your reasons for ACT

- | | |
|---|--|
| <input type="checkbox"/> Digestive inconveniences | <input type="checkbox"/> Recent health concerns (which one(s)?) |
| <input type="checkbox"/> Joint pain | <input type="checkbox"/> Overweight |
| <input type="checkbox"/> Loss of energy | <input type="checkbox"/> Want to regain a more satisfactory appearance |
| <input type="checkbox"/> Frequent fatigue | <input type="checkbox"/> Want to cook more at home |
| <input type="checkbox"/> Cardiovascular risks | <input type="checkbox"/> Insufficient or non-restorative sleep |
| <input type="checkbox"/> Drowsiness at certain times Snacking | <input type="checkbox"/> Nibbles |
| <input type="checkbox"/> Exhaustion | <input type="checkbox"/> Medical advice |
| <input type="checkbox"/> Lack of enthusiasm | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Lack of productivity | <input type="checkbox"/> Depressive state |
| <input type="checkbox"/> Old health concerns (which one?) | <input type="checkbox"/> Want a healthier weight |



GUIDES TO REBALANCING YOUR DIET BONUS. S.M.A.R.T. GOALS FOR 3 WEEKS

S.M.A.R.T.	Goal	Week n° 1	Week n° 2	Week n° 3
<i>Well defined, clear, and unambiguous</i>	S Spécific			
<i>With specific criteria that measure your progress toward the accomplishment of the goal</i>	M Measurable			
<i>Attainable and not impossible to achieve</i>	A Achievable			
<i>Within reach, realistic, and relevant to your life purpose</i>	R Realistic			
<i>With a clearly defined timeline, including a starting date and a target date The purpose is to create urgency.</i>	T Temporal			



GUIDES TO REBALANCING YOUR DIET BONUS. FLYER



**RECONNECTING TO MY
SENSATIONS**



**REDISCOVER THE
PLEASURE OF TASTE**



**EAT BETTER, WITHOUT
DEPRIVATION**

