

Get Healthy with Amber

“A Look into your Current Eating Habits”

1. How happy are you with your current eating habits on a scale of 1-10 (10 = ultimate happiness)
2. If you could change one thing about how you currently eat what would it be?
3. Do you find yourself eating when you are bored, tired, angry, depressed, etc?
4. Are you getting the amount of exercise you would like to get?
5. Why are you not eating or exercising the way you would like to be? What is holding you from doing it?

Write down your top 3 healthy living goals:
1.
2.
3.

Write down 3 things you are going to change right now about how you eat or workout:
1.
2.
3.

Use this guide to help you determine where you are currently with your eating and workout habits, where you want to be. Write down your 3 healthy living goals that you would love to achieve and then write down 3 things you will start doing right now to help you reach those goals.

Continue going through my 7 day course to help you learn how to eat healthier and then make one step at a time to reach to relate what you have learned to your goals! Determine what next step you must accomplish in order to get you that one step closer to your goals!