

MARK YOUR ACHIEVEMENTS

Appreciate how far you've come and acknowledge your **non-scale victories!**

PHYSICAL (INSIDE YOUR BODY)

- | | |
|--|---|
| <input type="checkbox"/> Healthier gums | <input type="checkbox"/> Reduced seasonal/food allergies |
| <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Fewer migraines |
| <input type="checkbox"/> Fewer PMS symptoms | <input type="checkbox"/> Less acid reflux/heartburn |
| <input type="checkbox"/> Regular menstrual cycle | <input type="checkbox"/> More energy |
| <input type="checkbox"/> Less stomach pain | <input type="checkbox"/> Improved blood pressure |
| <input type="checkbox"/> Less diarrhea | <input type="checkbox"/> Improved cholesterol |
| <input type="checkbox"/> Less constipation | <input type="checkbox"/> Improved blood sugar control |
| <input type="checkbox"/> Less gas | <input type="checkbox"/> Improved medical symptoms |
| <input type="checkbox"/> Less bloating | <input type="checkbox"/> Reduced or eliminated medications |
| <input type="checkbox"/> Improved "regularity" | <input type="checkbox"/> Faster recovery from injury or illness |
| <input type="checkbox"/> Gets sick less often | |

PHYSICAL (OUTSIDE YOUR BODY)

- | | | |
|--|---|---|
| <input type="checkbox"/> Fewer blemishes | <input type="checkbox"/> Improved rashes or patches | <input type="checkbox"/> Longer, stronger nails |
| <input type="checkbox"/> Glowing skin | | <input type="checkbox"/> Stronger, thicker hair |
| <input type="checkbox"/> Reduced under-eye circles | <input type="checkbox"/> Clothes fitting better | <input type="checkbox"/> Less joint swelling |

MOOD, EMOTION, & PSYCHOLOGY

- | | | |
|--|---|--|
| <input type="checkbox"/> Feeling happier | <input type="checkbox"/> Less anxious | <input type="checkbox"/> Improved body image |
| <input type="checkbox"/> More outgoing | <input type="checkbox"/> Less stressed | <input type="checkbox"/> Improved self-confidence |
| <input type="checkbox"/> More patient | <input type="checkbox"/> Less depressed | <input type="checkbox"/> Less reliance on the scale |
| <input type="checkbox"/> More optimistic | <input type="checkbox"/> Improved behavior (kids) | <input type="checkbox"/> Throwing out the scale! |
| <input type="checkbox"/> Laughing more | <input type="checkbox"/> Fewer tantrums (kids) | <input type="checkbox"/> Practicing positive self-talk |
| <input type="checkbox"/> Fewer mood swings | <input type="checkbox"/> Improved mental health | <input type="checkbox"/> Practicing meditation |

ENERGY

- | | |
|--|--|
| <input type="checkbox"/> Improved energy levels | <input type="checkbox"/> More energy to socialize |
| <input type="checkbox"/> More consistent energy levels | <input type="checkbox"/> Feeling energized after meals |
| <input type="checkbox"/> Less mid-day energy slumps | <input type="checkbox"/> Less dependent on caffeine |
| <input type="checkbox"/> More energy to exercise | |



FOOD & BEHAVIORS

- Improved relationship with food
- Less binging
- Less purging or compensatory behaviors
- Practices mindful eating
- Listens to hunger/fullness cues
- Able to understand a nutrition label
- Learned how to cook
- Stopped dieting
- No longer afraid of certain foods
- No longer using food as punishment or reward
- Developed binge and purge alternatives
- No more food guilt or shame
- Eating satisfying meals
- Not skipping meals or getting overly hungry
- Eats with friends or family more often

LIFESTYLE & SOCIAL

- More knowledgeable about nutrition
- More confidence with grocery shopping
- Learned new cooking skills
- Learned new recipes
- Meal prep is organized and efficient
- Maximized food budget
- Have support team, community, or friend
- Treating yourself with something other than food
- Engaging in non-food related hobbies

SPORT, EXERCISE, & PLAY

- Started moving more or exercising
- More consistent exercise routine
- Able to exercise longer, harder, or faster
- Feeling more athletic
- Able to lift heavier things
- Hit new "PR"
- Trying new activities
- Not using exercise as reward or punishment
- Finding exercise/movement that you enjoy

BRAIN FUNCTION

- Improved attention span
- Improved performance at job/school
- Improved memory
- Clearer thinking
- More productive

SLEEP

- Sleeping better
- Less reliance on sleep aids
- Hitting the "snooze" button less often
- Less snoring

