



*IT'S Time to*  
**RECONNECT**  
*with YOURSELF*



**VIP Nutrition Coach**  
Registered Dietitian Licensed Nutritionist

*your workbook*



# contents

reconnect self assessment | your key to success

## 03

### MY FOOD INTAKE

*What are you eating?  
Are you getting your  
nutrients?*

## 04

### MY HEALTH & RELATIONSHIP WITH FOOD

*Hello unique you. What's  
your deal with food?*

## 05

### MY LIFE GOALS

*No better time than now  
to write goals and live  
your purpose.*

## 06

### MY SELF CARE CHECK-IN

*So much to do to nurture  
yourself... how are you  
doing in this area?*

## 07

### MY MESSAGE TO ME

*Put your intentions on  
paper to ensure your  
future self is your best  
self!*

## 08

### RESULTS NEXT STEPS

*Add it all up and let's see where  
you are. Are you good or do we  
have some things to do to get  
you where you want to be?*



# my food intake

Read each statement below. Place the number in the circle based on:

5: "absolutely this is me"

3: "that is me at least 4 days of the week"

0: "that is not me at all"



## BEVERAGE INTAKE

I drink water as my primary beverage and avoid sugar-sweetened and diet beverages.



## VEGETABLE INTAKE

I consume at least 3 different vegetables each day, not counting starchy vegetables (corn, potato, peas).



## FRUIT INTAKE

I consume at least 2 to 3 servings of fruit each day, not counting any with added sugar.



## PROTEIN INTAKE

I rely on lean sources of poultry, fish, seafood and beef, eggs, cheese or legumes, nuts and seeds.



## FAT INTAKE

I stick to monounsaturated fat such as extra-virgin olive oil and avoid processed fat such as margarine.



## FIBER INTAKE

I consume at least 20 grams of fiber on any given day by focusing on vegetables, fruit and/or whole grains.

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My Page  
**TOTAL**

# my health & relationships with food

Read each statement below. Place the number in the circle based on:

5: "absolutely this is me"

3: "that is me at least 4 days of the week"

0: "that is not me at all"

- I FEEL COMFORTABLE WITH MY CURRENT WEIGHT.
- I PLAN MY MEALS INSTEAD OF REACHING RANDOMLY FOR SOMETHING.
- IF I SLIP-UP AND OVEREAT OR OVERINDULGE, I RETURN TO MY HEALTHIER EATING INSTEAD OF CONTINUING TO OVEREAT WITH THE "I WILL START A DIET MONDAY" MINDSET.
- I EXERCISE TO WORK UP A SWEAT AT LEAST 3 TIMES PER WEEK.
- IF MY FAVORITE FOOD IS IN THE HOUSE, I AM ABLE TO HAVE A SERVING WITHOUT GOING BACK AGAIN AND AGAIN FOR MORE.
- IF I AM BORED, STRESSED OR FEELING DOWN, I SELDOM TURN TO FOOD.
- MY EATING IS PRIMARILY DURING THE DAY INSTEAD OF AFTER DINNER OR IN THE MIDDLE OF THE NIGHT.
- ON ANY GIVEN DAY, I FEEL HEALTHY AND FREE FROM GUT ISSUES SUCH AS BLOATING, GAS, LOOSE STOOLS, CONSTIPATION OR FOOD REPEATING ON ME.

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TOTAL



# my self care check-in

CHECK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE CARE OF YOURSELF.  
GIVE YOURSELF 2 POINTS FOR EACH RESPONSE YOU SELECT.

- VISIT A FARMER'S MARKET
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO MEDITATE
- LIGHT AN AROMATIC CANDLE
- MAKE A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO MUSIC
- EXERCISE OR DANCE TO WORK UP A SWEAT
- MAKE A VISION BOARD
- VISIT A FAMILY MEMBER OR CATCH UP WITH A FRIEND
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESSION
- CUDDLE A PET
- READ A BOOK
- TELL SOMEONE YOU ARE SORRY

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My Page  
TOTAL





# my life goals



Make a list of your life goals. Place the number in the circle based on:

- 3: goal accomplished
- 2: work in progress
- 1: not started to work towards this goal
- 0: I have not even started thinking about life goals



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<p>My Page <b>TOTAL</b></p> 
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# my message to me



WRITE A MESSAGE TO YOUR FUTURE SELF.

GIVE YOURSELF 10 POINTS IF YOU WROTE YOUR MESSAGE.

Lined writing area consisting of 20 horizontal lines for writing a message.



My Page  
**TOTAL** 





# here are your results



FANTASTIC! YOU COMPLETED THIS WORKBOOK. ADD UP YOUR TOTALS TO SEE WHERE YOU ARE AT THIS POINT IN YOUR LIFE:

- 90 - 100 You are a goal driven person doing a great job of taking care of yourself. You have clearly incorporated many healthy habits. If there are still areas you would like to refine, we can work together to help you get there sooner and perhaps even further than you ever imagined.
- 75 - 90 You are doing a good job of taking care of yourself. There may be some areas that you are ready to focus on to improve your health and wellness. We can explore these areas to help you to live your best self.
- LESS THAN 75 You spent the time to get this far which means you are interested in your health and wellness. Working together will provide the support and guidance to navigate your journey towards the realization of your best self.

GET STARTED TODAY BY CALLING 954-900-6428 OR VISITING  
[WWW.VIPNUTRITIONCOACH.COM](http://WWW.VIPNUTRITIONCOACH.COM)  
TO SCHEDULE A COMPLIMENTARY DISCOVERY CALL.

