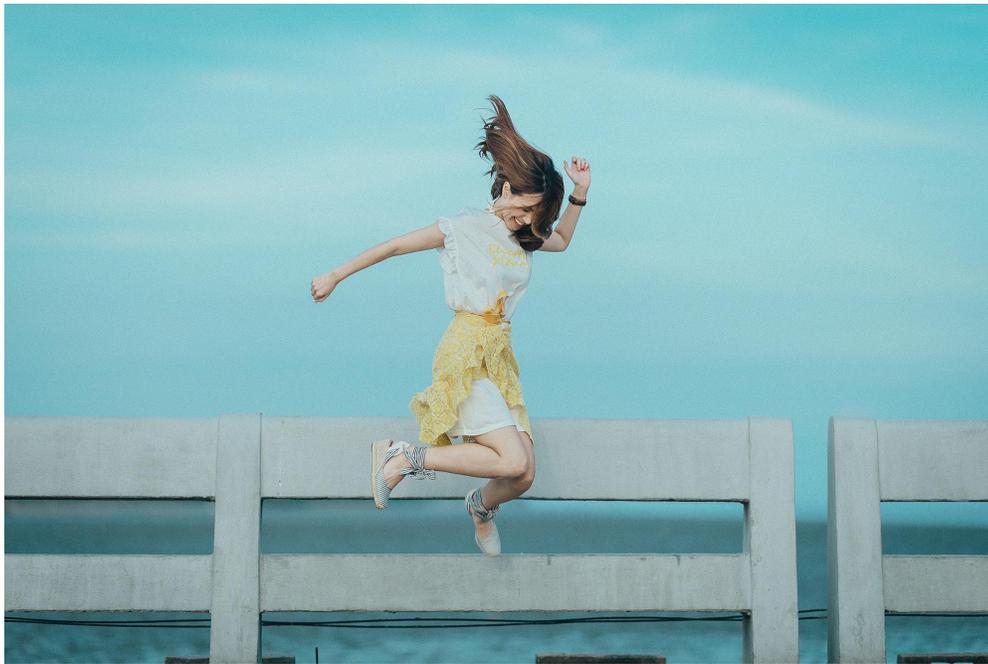


ENERGY

Jumpstart Workshop



With: Gaylene Gomez
www.compassrosenutrition.ca

Breakfast

What time do you usually eat?

What do you usually have?

Lunch

What time do you usually eat?

What do you usually have?

Dinner

What time do you usually eat?

What do you usually have?



Snack- Morning

What time do you usually eat?

What do you usually have?

Snack- Afternoon

What time do you usually eat?

What do you usually have?

Snack- Evening

What time do you usually eat?

What do you usually have?



Sleep

How much sleep do you get at night?

What time do you go to bed?

What time do you wake up?

Do you wake up feeling rested?

Activity

How active are you most days, or most weeks?

What type of exercise are you doing? Ie: cardio, strength etc

How long do you keep your heart rate up daily?



Stress

Rate these from 1-10

How much stress do you have at work?

How much stress do you have at home?

How much stress do you have in other areas of your life?

Energy

What time of day does your energy tend to drop?

What are your symptoms when energy levels drop

What do you do when your energy levels drop?



Food and habits that INCREASE energy

As we go through this next section, write down the ones you ARE good at on the left. And the ones that need work, on the right.

GOOD AT

NEED WORK



RECAP

LET'S RECAP WAYS TO BOOST ENERGY

Be sure each item on this list is added to one of the columns on the page before.

- Eat breakfast
- Eat lunch
- Eat dinner
- Don't skip meals
- Eat whole foods
- Get more sleep
- Drink more water
- Reduce caffeine
- Exercise regularly
- Reduce sugar
- Relieve stress



What's Holding You Back?

Which of these areas do you need to work on, to work on the areas you need improvement?

How are you going to fix it? Ask for help? Get creative and put your answers below.

TIME

KNOWLEDGE

MOTIVATION



TO DO

Look over the 'Needs Work' list. Pick 1-2 things that you can start focusing on this week. Write them below.

First thing I'm going to work on:

Second thing I'm going to work on:

Write this below:

For the next 4 weeks, I am going to: _____

After 4 weeks, I will evaluate how I feel and make it a goal to: _____

I am ready to put myself at the top of my list of priorities and commit to the steps above every day.

I CAN DO THIS!



Congratulations!



I would LOVE to hear how you enjoyed this workshop. Feel free to reach out if you have any questions, or want some additional help with your health and nutrition goals.

I help busy, professional women lose weight and boost energy with simple lifestyle changes so they have more energy and confidence.

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