



*My Raw Food, Radiant Life!
3-Week Challenge Journal*

How to use this journal

First, using the journal should not be difficult or time consuming; it should take you no more than 5 minutes, probably less.

- View the educational materials, checking them off as you go
- Read and sign the commitment statement.
- Decide whether you want to do a phase 1, 1.5, or 2 diet.
- Weigh yourself and take a before photo.
- You don't have to write down everything you eat; just put a check mark in each section if you stayed on the diet, and if you eat anything not on the diet phase you chose, document that.
- You can use abbreviations, for example "W, 1" for "I walked 1 mile, or "M, 20," for "I meditated 20 minutes."
- Keeping track of food expenses is optional.
- Document successes and challenges only if you have something significant you want to record.
- Choose a daily affirmation and record it.
- Use the menu planning and grocery list sections however they are most helpful for you
- Enjoy this time to focus on your healing!

Commitment to Myself

This is my purpose in participating in this program:

For the next 3 weeks, I commit to:

- ___ Following a raw, vegan diet every day, consuming nothing that is not on the diet.*
- ___ Participating in all conference calls.*
- ___ Exercising for 45 minutes, 3 or more days weekly.*
- ___ Participating in relaxation exercises for 20 minutes, 5-7 days weekly.*
- ___ Using a daily affirmation.*
- ___ Journaling daily.*
- ___ Loving myself enough to support my healing!*

Signed _____

Educational resources – all available on program blog (check off as you complete them):

- ___ PowerPoint (~1 hour)
- ___ YouTube video (~52 minutes)
- ___ Raw for Life videos on www.foodmatterstv.com (24 short videos, ~ 2 hours total)
- ___ Completion of Rand 36 health survey (~10 minutes)

Daily Log

My initial weight: _____

My weight on day 21: _____

My goal is to stay on a phase ___1___1.5___2 diet for 3 weeks. (check one)

Day 1: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 2: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 3: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 4: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 5: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 6: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 7: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 8: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 9: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 10: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 11: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 12: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 13: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 14: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 15: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 16: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 17: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____

Challenges today _____

Successes today _____

Affirmation _____

Day 18: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____

Relaxation methods used today (type, duration) _____

Food expenses today _____
Challenges today _____
Successes today _____
Affirmation _____

Day 19: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____
Relaxation methods used today (type, duration) _____
Food expenses today _____
Challenges today _____
Successes today _____
Affirmation _____

Day 20: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____
Relaxation methods used today (type, duration) _____
Food expenses today _____
Challenges today _____
Successes today _____
Affirmation _____

Day 21: What I ate today:

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

Exercise today (type, duration) _____
Relaxation methods used today (type, duration) _____
Food expenses today _____
Challenges today _____
Successes today _____
Affirmation _____

Menu planning, Week 1

Day 1:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 2:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 3:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 4:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 5:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 6:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 7:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Menu planning, Week 2

Day 1:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 2:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 3:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 4:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 5:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 6:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 7:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Menu planning, Week 3

Day 1:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 2:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 3:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 4:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 5:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 6:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Day 7:
Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Affirmations

From Brandi Rollins, Raw Food on a Budget:

"I say 'yes' to life."

"I choose to create a life that I love."

"I choose to make healthy, positive choices for myself."

"It's time to make it happen!"

"As I prosper, everyone around me prospers."

"I choose to be here, right now, and in this moment."

"I choose love, joy, and freedom. I open my heart and allow wonderful things to come into my life."

"...I choose to work towards my goals."

"Only I have the power to realize my goals."

"I let go of what is not needed."

"I have everything I need to fulfill my goals."

"I rejoice in what I have."

"Abundance flows freely through me."

"I am unique-special, creative, and wonderful."

"I think before eating."

"I am someone who...takes action."

"I...take charge of my time and achieve my goals."

"I grow from all of my challenges."

"Making things happen is just what I do."

"I am becoming more and more (positively) motivated in all areas of my life."

"I am becoming more and more efficient with my time."

"The life I am choosing to create is happening right now. "

"I love to exercise."

"Exercise is part of my life."

"Everything I need comes to me at the perfect time."

"Challenges are life's...lessons-I choose to learn from them."

"I see each part of my life as a lesson."

"I trust in the process of life."

"My mind is strong, capable, (open), and disciplined."

"I take charge of my time and achieve my goals."

Suzy's affirmations:

I am strong.

I am successful in positive change.

Anonymous:

As I walk, the way appears.

I am open to love.

What I love draws me.

My life is a beautiful adventure.

I radiate hope and blessed promise.

I believe that my hopes will be fulfilled.

I expect great things to happen.

Hope will always be a close companion.

The light at the end of the tunnel is a new beginning.

Beautiful things are to come.

My life is full of hope and promise.

I am loving and healing myself on all levels - spiritual, mental, emotional and physical.

I choose to fill my life with joy.

I can use my memories and thoughts as resources for renewal.

I can pray.

I can laugh.

I can put worry into perspective.

I can focus on beauty.

I can.

I can begin my journey to my goal with my first step today.

I can label life in a way that helps me be joyful and peaceful.

I can fully enjoy the present.

I can nurture my spirit.

I can face my challenges and climb above them.

Dr. Gabriel Cousens:

"Food is a love note from God.

Inspired by Steven Covey:

Self-growth is holy ground.

Inspired by M.H. McKee:

*With wisdom I know the path.
With integrity I walk the path.*