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NUTRITION AND FITNESS

Boost Your Energy Assessment Worksheet

1. We can become depleted when we have poor energy management. I also call this “being an energetic sponge”.
   Symptoms of Poor Energy Management:
   Check the following that you are currently experiencing.

_____ Feeling tired/low energy for no apparent reason

_____ Feeling everyone else’s thoughts and emotions whether you want to or not

_____ Preoccupation with other people’s lives and problems

2. The quality of the energy you feed your body can affect your energy levels.
   Write down your typical day for your meals and snacks.

Meal 1:

Meal 2:

Meal 3:

Snacks:

Beverages:

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If you are not nourishing your body 3 times per day, you are increased risk for an uncontrolled appetite and overeating in the evening.

3. **Circle any foods or drinks that are high in refined, processed sugars from your typical day.** If you forgot any of these foods, go ahead and added them now to your typical day. Replacing these refined, processed sugars with complex carbohydrates can give you more sustained energy throughout the day and help prevent the highs and lows.

4. **How many cups, ounces or liters of non-caffeinated fluids did to write down for question 2?** If it was less than half of your body weight in ounces, you may be dehydrated and confusing hunger with thirst. If you have a kidney, heart or other health condition, ask for guidance from your physician before you drastically increase your fluid intake.

   Your Current Weight: _____ /2 = _____ ounces of water per day.

5. The typical American diet is high in omega 6 fats and low in omega 3 fats. Omega 3 and 6 fats are essential to the diet, because our body and not make them. **Check the following foods that are high in Omega 3 fats that you like or would add to your diet.**

_____ Flaxseed oil or ground flaxseed	_____ Atlantic herring
_____ Chia seeds	_____ Sardines
_____ Walnuts	_____ Atlantic mackerel
_____ Atlantic salmon	

6. **How long does it take you to eat a meal?** If you are eating your meal in less than 20 minutes, you could be overfilling your stomach before your stomach and brain have time to communicate your levels of fullness. So if

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you are feeling uncomfortable after your meals, try slowing down and eating until you are satisfied, which is about 80% full.

7. Our microbiome helps to improve digestion, absorb nutrients and reduce inflammation if it has the right foods to feed the beneficial bacteria. A diet high in refined sugars, processed foods and alcohol can feed the inflammatory bacteria. **Circle the following foods that you like or would like to try adding to your diet to support your microbiome.**

Prebiotics Foods	Probiotic Foods
Asparagus Avocado Banana Dandelion greens Eggplant Endive, radicchio Garlic, leeks, onions Honey Jerusalem artichokes (sunchokes) Jicama Kefir Legumes Whole grains (e.g. oats) Yogurt Resistant starch: cooled and parboiled rice; tiger nuts; cooked and cooled potatoes, cooked and cooled legumes (soaked or sprouted)	Fermented vegetables (sauerkraut, kimchi, pickles, beets, carrots) Fermented fruits (chutneys, jams, green papaya, pickled jackfruit) Yogurt, kefir, sour cream, buttermilk (plain, no added sugar, with live and active cultures) Kombucha, a fermented beverage Fermented condiments (homemade ketchup, relishes, salsas, pickled ginger) Water kefir, coconut milk kefir Homemade coconut milk or cashew yogurt Beet kvass Natto, miso, tempeh, and tamari sauce

8. A variety of foods in our diet is required to receive all of our vitamin and minerals, especially if you are not taking a multivitamin**. Circle any of the following foods that you would like to add to your diet to increase nutrient density.**

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Red Foods	Apples Beans (adzuki, kidney, red) Beets Bell peppers Blood oranges	Cranberries Cherries Grapefruit (pink) Goji berries Grapes Onions Plums	Pomegranate Potatoes Radicchio Radishes Raspberries Strawberries	Sweet red peppers Rhubarb Rooibos tea Tomato Watermelon
Orange Foods	Apricots Bell peppers Cantaloupe Carrots	Mango Nectarine Orange Papaya Persimmons	Pumpkin Squash (acorn, buttercup, butternut, winter)	Sweet potato Tangerines Turmeric root Yams
Yellow Foods	Apple Asian pears Banana	Bell peppers Corn Corn-on-the-cob Ginger root	Lemon Millet Pineapple	Starfruit Succotash Summer squash
Green Foods	Apples Artichoke Asparagus Avocado Bamboo sprouts Bean sprouts Bell peppers Bitter melon	Bok choy Broccoli Broccolini Brussels sprouts Cabbage Celery Cucumbers Edamame/Soy beans Green beans	Green peas Green tea Greens (arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip) Limes	Okra Olives Pears Snow peas Watercress Zucchini
Blue /Purple/Black Foods	Bell peppers Berries (blue, black, boysenberries, huckleberries, marionberries)	Cabbage Carrots Cauliflower Eggplant Figs	Grapes Kale Olives Plums Potatoes	Prunes Raisins Rice (black or purple)
White/Tan/Brown Foods	Apples Applesauce Bean dips Cauliflower Cocoa Coconut Coffee	Dates Garlic Ginger Jicama Legumes (chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/ low-fat)	Mushrooms Nuts (almonds, cashews, pecans, walnuts) Onions Pears Sauerkraut Seeds (flax, hemp, pumpkin, sesame, sunflower)	Shallots Soy Tahini Tea (black, white) Whole grains (barley, brown, rice, oat, quinoa, rye, spelt, wheat)

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9. Our bodies are built to move, but we must start with where you are and find activities that are good for you based on your health and fitness level.
   Write down a list of physical activities that you enjoy. (i.e.: biking, swimming, yoga, walking, running, Tai Chi, weight lifting, dancing, etc..

10. Chronic stress can overload our system, increase cortisol and make it harder to lose weight.
    What activities help you wind down or relax? (i.e.: reading, mediation, journaling, walking in nature, etc....)

11. **From your perspective, what areas of your life do you show up authentically? What areas of your life do your need to have boundaries?**

Profession	**Family**	**Spiritual Development**
Primary Relationship	**Friendships**	**Personal Development**

Other Life Areas: _____

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In the next six months, what goal are you committing to achieving for yourself?

_____

_____

_____

It is important to get clear about what has worked for you in the past, what hasn't and create a plan that can help you get back on track towards your health and wellness goals.

I imagine that you have tried to lose weight, boost your energy and improve your health many times by now. You are frustrated and really don't know what is holding you back or why can't you maintain the level of success long-term.

I would like to invite you to an energetic health discovery call.

In this 45-minute session, we will discuss your health goals and challenges. By sharing your story in a non-judgmental space, you will gain clarity of your next steps that you need to take towards transforming your health.

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If you are willing to be open and explore your health struggles in a non-judgmental space, I invite you to apply for an energetic health discovery call. Once I receive your application, I will review it and if I feel that I can be of service to you, then I will send you an invite to schedule within 2 business days.

To apply, go to https://ariesoulnutritionandfitness.com/ehavs

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