Upgraid by mend

NON-SCALE VICTORIES

Physical

- ☐ Glowing skin
- ☐ Longer, stronger nails
- ☐ Stronger, thicker hair
- ☐ Feeling more confident in your appearance
- ☐ Healthier gums
- ☐ Less joint swelling
- ☐ Less stiff joints
- ☐ Less painful joints
- ☐ You don't get sick as often
- ☐ Improved blood pressure
- ☐ Improved cholesterol numbers
- ☐ Improved circulation
- ☐ Improved blood sugar regulation
- ☐ Recovering faster from injury or illness

Mood, Emotion, + Psychology

- ☐ You're happier
- ☐ You're more patient
- ☐ You're more optimistic
- ☐ You laugh more
- ☐ You handle stress better
- ☐ Improved self-esteem
- ☐ Improved self-confidence
- ☐ Feeling in control of your food
- ☐ Less reliance on the scale

Food and Behaviors

- ☐ Healthier relationship with food
- ☐ Practicing mindful eating
- ☐ Learned how to read a label
- ☐ Eats to satiety
- ☐ Listens to your body
- ☐ Learned how to cook
- ☐ Can identify cravings vs. hunger
- ☐ Healthy strategies to deal with cravings
- ☐ More nutrition in your diet
- ☐ No more food guilt or shame

Brain Function

- ☐ Improved attention span
- ☐ Improved performance at job or school
- ☐ Improved memory
- ☐ Faster reaction times
- ☐ You think more clearly
- ☐ You feel more productive
- ☐ Better focus throughout the day
- ☐ Sharper problem-solving skills
- ☐ More creativity and motivation
- ☐ Clearer mental outlook

Sleep

- ☐ You're sleeping more
- ☐ You fall asleep more easily
- ☐ You sleep more soundly
- ☐ You awaken feeling refreshed
- ☐ No more "snooze" button
- ☐ Less night cramps
- ☐ Feeling well-rested during the day
- ☐ Consistent bedtime routine
- ☐ Waking up naturally
- ☐ More peaceful sleep overall

Energy

- ☐ Energy levels are higher
- ☐ Energy levels are more even
- ☐ More energy in the morning
- ☐ More energy to play with your kids
- ☐ More energy to exercise
- ☐ More energy to socialize
- ☐ More energy at work or school
- ☐ You feel energetic between meals
- ☐ You need less sugar or caffeine
- ☐ You stay alert throughout the day

Sport, Exercise, and Play

- ☐ You start moving or exercising
- ☐ You became more consistent with exercise
- ☐ You can exercise longer, harder, or faster
- ☐ You feel more athletic
- ☐ You can lift heavier things
- ☐ You hit new personal bests
- ☐ You recover more effectively
- ☐ You're trying new activities
- ☐ You play more with your kids or pet
- ☐ You're more coordinated

Lifestyle and Social

- ☐ New healthy habits to teach your kids
- ☐ More knowledgeable about nutrition
- ☐ Shop locally and eat seasonally
- ☐ New cooking skills
- ☐ New recipes
- ☐ Meal prep is organized and efficient
- ☐ Made new like-minded friends
- ☐ You've created other health goals
- ☐ Healthy eating habits have brought your family closer
- ☐ People come to you for health, food, or lifestyle advice