

CONTENTS

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- 3) THE STOP AND REPLACE SYSTEM
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SUBCONSCIOUS PERSPECTIVE

SUBCONSCIOUS PERSPECTIVE

Page 1

1) Please write one goal per category that you **ABSOLUTELY MUST** accomplish.

A) Love -
B) Health -
C) Wealth -
D) Self Image -

2) Please write down the reasons why you feel you **ABSOLUTELY MUST** accomplish your goals.

A)
B)
C)
D)

3) Please write down what you feel you **ABSOLUTELY MUST** do to accomplish your goals.

A)
B)
C)
D)

4) Please write down all of the excuses that keep you from attaining your goals.

A)
B)
C)
D)

5) Do you feel confident you can accomplish your goals and if not what questions do you ask about them?

A)
B)
C)
D)

EMPOWERING QUESTIONS

Page 2

Please turn all of your responses from the “**Subconscious Perspective**” into positive empowering questions on this page.

Empowering Questions

Answers

1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	6)
7)	7)
8)	8)
9)	9)
10)	10)
11)	11)
12)	12)
13)	13)
14)	14)
15)	15)
16)	16)
17)	17)
18)	18)
19)	19)
20)	20)

SUBCONSCIOUS SELF-IMAGE

Page 3

1) Please describe in detail how you see yourself after you have attained your goals.

2) Please describe the activities you see yourself participating in after attaining your goals.

3) Please write down the feelings you experience from your new self-image.

STOP AND REPLACE SAMPLES

THE STOP AND REPLACE SYSTEM

Please write down one habit, behavior or emotional state that you absolutely must unlearn in the box below.

➤ Fear

Reasons for NOT doing this

Empowering Questions

1) I will not procrastinate over things I know need to be done.	1) How can I unlearn procrastination?
2) I will feel a greater sense of control over Everything I do.	2) How can I gain a greater sense of control over everything I do?
3) My decision making power will greatly improve.	3) How can I increase my decision making power?
4) I will be able to move more quickly toward my goals.	4) How can I move more quickly toward my goals?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

—————→ Associated

Describe your Old Picture:

—————→ Dissociated

The Switch Pattern

1) CUE
2) STOP
—————→ SWITCH PATTERN
3) REPLACE

THE STOP AND REPLACE SYSTEM

Please write down one habit, behavior or emotional state that you absolutely must unlearn in the box below.

➤ **Guilt**

Reasons for NOT doing this

Empowering Questions

1) I will be able to eliminate my negative self-talk.	1) How can I eliminate my negative self-talk?
2) I will feel better emotionally.	2) What do I need to do to feel better all the time?
3) I will eliminate behaviors that make me feel guilty.	3) How can I eliminate behaviors that make me feel guilty?
4) I will be able to eliminate guilt as an excuse for over (under) eating.	4) How can I eliminate guilt as an excuse for over (under) eating?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

—————→ **Associated**

Describe your Old Picture:

—————→ **Dissociated**

The Switch Pattern

1) CUE
2) STOP
—————→ SWITCH PATTERN
3) REPLACE

THE STOP AND REPLACE SYSTEM

Please write down one habit, behavior or emotional state that you absolutely must unlearn in the box below.

➤ **Anger**

Reasons for NOT doing this

Empowering Questions

1) I will have complete control over my communication skills.	1) How can I improve my communication skills?
2) I will not be able to use anger as an excuse to over (under) eat.	2) How can I eliminate anger as an excuse to over (under) eat?
3) I will be more loving toward myself family and friends.	3) How can I be more loving toward myself, family and friends?
4) I will have more fun with life.	4) How can I have more fun with everything I do in life?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

—————→ **Associated**

Describe your Old Picture:

—————→ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	—————→ SWITCH PATTERN
3) REPLACE	

THE STOP AND REPLACE SYSTEM

Please write down one habit, behavior or emotional state that you absolutely must unlearn in the box below.

➤ **Negative Self Talk**

Reasons for NOT doing this

Empowering Questions

1) My self-esteem will greatly improve.	1) What do I need to do to upgrade my self-esteem?
2) I will feel better about everything I do in life.	2) How can I feel better about everything I do in life?
3) I will feel more confident in every aspect of my life.	3) How can I increase my confidence?
4) I will be able to move more quickly toward my goals.	4) How can I move more quickly toward my goals?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

—————→ **Associated**

Describe your Old Picture:

—————→ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
—————→	SWITCH PATTERN
3) REPLACE	

THE STOP AND REPLACE SYSTEM

Please write down one habit, behavior or emotional state that you absolutely must unlearn in the box below.

➤ Procrastination

Reasons for NOT doing this

Empowering Questions

1) I will feel more in control over every aspect of my life.	1) How can I gain more control over every aspect of my life?
2) I will be able to establish and maintain greater self-esteem.	2) How can I establish and maintain a greater self-esteem?
3) I will have a more loving relationship with family, friends and myself.	3) What do I need to do to be more loving toward family, friends & myself?
4) I will feel more comfortable in social situations.	4) How can I feel more comfortable in social situations?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

—————→ Associated

Describe your Old Picture:

—————→ Dissociated

The Switch Pattern

1) CUE
2) STOP
—————→ SWITCH PATTERN
3) REPLACE

THE STOP AND REPLACE SYSTEM

Please write down one habit, behavior or emotional state that you absolutely must unlearn on the line below.

➤ **Drugs & Alcohol**

Reasons for NOT doing this

Empowering Questions

1) I will not predispose myself to liver, heart disease and high blood pressure.	1) How can I improve my overall health?
2) I will not accelerate the aging process.	2) What do I need to do to slow down or reverse the aging process?
3) I will always be able to drive myself home.	3) How can I make sure I never have to leave my car anywhere?
4) I will have a greater level of power over myself and the things around me.	4) What action do I need to take to increase my self-power and control?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

—————→ **Associated**

Describe your Old Picture:

—————→ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	—————→ SWITCH PATTERN
3) REPLACE	

THE STOP AND REPLACE SYSTEM

Please write down one habit, behavior or emotional state that you absolutely must unlearn on the line below.

➤ Over (Under) Eating

Reasons for NOT doing this

Empowering Questions

1) I will feel more in control over every aspect of my life.	1) How can I gain more control over every aspect of my life?
2) I will be able to establish and maintain greater self-esteem.	2) How can I establish and maintain a greater self-esteem?
3) I will have a more loving relationship with myself, family and friends.	3) What do I need to do to be more loving toward family, friends & myself?
4) I will feel more comfortable in social situations.	4) How can I feel more comfortable in social situations?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

—————> Associated

Describe your Old Picture:

—————> Dissociated

The Switch Pattern

1) CUE
2) STOP
—————> SWITCH PATTERN
3) REPLACE

THE STOP AND REPLACE SYSTEM

Please write down one habit, behavior or emotional state that you absolutely must unlearn on the line below.

➤ Smoking

Reasons for NOT doing this

Empowering Questions

1) I will not predispose myself to lung cancer and heart disease.	1) How can I improve the health of my heart and lungs?
2) My breath, home and clothes will not smell like stale smoke.	2) How can I improve the fragrance of my breath, home and clothes?
3) I will not have yellow/brown tobacco stained teeth.	3) What do I need to do to brighten my smile?
4) I will not continually offend people who do not smoke.	4) How can I improve my rapport skills?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

—————→ Associated

Describe your Old Picture:

—————→ Dissociated

The Switch Pattern

1) CUE
2) STOP
—————→ SWITCH PATTERN
3) REPLACE

THE STOP AND REPLACE SYSTEM

Please write down one habit, behavior or emotional state that you absolutely must unlearn in the box below.

➤ Coffee

Reasons for NOT doing this

Empowering Questions

1) I will not have brown teeth and bad breath.	1) What do I need to do to improve the appearance of my mouth?
2) I will increase my insulin sensitivity by 15%.	2) How can I increase my insulin sensitivity?
3) I will not increase my homocysteine to dangerous levels.	3) How can I better manage my homocysteine level?
4) I will have more patience for people I care about.	4) How can I be more patient with the people I care about?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

—————→ Associated

Describe your Old Picture:

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The Switch Pattern

1) CUE
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3) REPLACE

THE STOP AND REPLACE SYSTEM

Please write down one habit, behavior or emotional state that you absolutely must unlearn in the box below.

➤ Sugar

Reasons for NOT doing this

Empowering Questions

1) I will not be eating empty calories that add fat instead of muscle.	1) How can I eliminate empty calories?
2) I will not be doing constant damage to my teeth and gums.	2) What do I need to do to eliminate damage to my teeth and gums?
3) I will not have to suffer through the low points and mood swings.	3) How can I eliminate my emotional low points and mood swings?
4) I will have more energy for the things I enjoy.	4) How can I find more energy for the things I enjoy?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

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Describe your Old Picture:

—————> Dissociated

The Switch Pattern

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THE STOP AND REPLACE SYSTEM

THE STOP AND REPLACE SYSTEM

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Answers to Empowering Questions:

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3)	
4)	

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THE STOP AND REPLACE SYSTEM

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Reasons for NOT doing this

Empowering Questions

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THE STOP AND REPLACE SYSTEM

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Reasons for NOT doing this

Empowering Questions

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Answers to Empowering Questions:

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2)
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Describe your Old Picture:

—————→ Dissociated

The Switch Pattern

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	—————→ SWITCH PATTERN
3) REPLACE	

THE HEART OF BURRIS LIFE COACHING

THE HEART OF BURRIS LIFE COACHING

YOUR PATHWAY TO POSITIVE EMPOWERING CHANGE



The Heart of Burris Life Coaching consists of your **Love, Health, Wealth, and Self-Image.**

Now that you understand how to take control of your emotional state and behavior, it is necessary that you use these skills on a daily basis. The way you process information can be dramatically changed in a short period of time, simply by consistently implementing The Heart of Burris Life Coaching.

Feel free to bend, shape, rearrange and change any and all questions to suit your exact needs.

It is imperative that you ask yourself a minimum of one question per category every night before you go to bed and every morning after you get up. This is the least you must do in order to maintain what you have just learned.

The First Three Key Questions You Will Ask Yourself About Everything Through the Course of Your Day Are...

- 1) Does this work for me?
- 2) How do I feel and will I benefit from the **results** of this? (If the answer is no, ask yourself this next question).
- 3) What can I use to replace this with that I will benefit from?

The Two Key Questions to Use Instead of Reprimanding Yourself Are...

- 1) What can I learn from this? and
- 2) How can I use this experience to move myself more quickly toward my goals?

EMPOWERING QUESTIONS FOR MY

LOVE

1) How can I make sure I continually and perpetually live in the light of love?

2) What do I need to do to be more loving toward my family, others and myself?

3) What do I need to unlearn that is keeping me from my perfect love?

4) What action do I need to take to ensure that I perpetually live in the light of love?

5) What questions do I need to ask myself to ensure that I live in the light of love?

6) What questions do I need to ask myself during prayer, meditation, or self-hypnosis?

7) How can I be more of a magnet for my perfect love?

8) What do I need to do to perceive all relationships as beneficial?

9) How can I stay focused on being grateful for what I have been blessed with?

10) How can I make every person a golden link in the chain of my good?

EMPOWERING QUESTIONS FOR MY LOVE

11) What do I need to do to improve all my relationships?

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12) How can I make sure my love never turns to hate or fear?

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13) How can I be more receptive to all the love that surrounds me every day?

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14) What do I need to do to perpetuate my perfect love?

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15) What questions can I ask myself that will make me more of a magnet for my perfect love?

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16) How can I improve my communication skills with the ones I love?

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17) What am I willing to do to ensure my perfect love?

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18) What action do I need to take to become more of a magnet for my perfect love?

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19) What will happen today that will give me incredible pleasure for no reason?

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20) How can I use every emotion and every life experience to move myself forward?

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EMPOWERING QUESTIONS FOR MY

LOVE

21) What questions can I add to this list that will perpetually move me toward a powerful, empowering **Love**?

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EMPOWERING QUESTIONS FOR MY HEALTH

1) What action can I take to create positive change in my life every day?

2) How can I make sure I stay in the habit of unlearning things that do not work?

3) What do I need to do to maintain my excitement and enthusiasm for my fitness program everyday?

4) Why do I feel so excited and enthusiastic about my fitness program?

5) How can I have more fun with my new eating, exercise and other new habits?

6) Who or what do I need to process out my life that is keeping me from my perfect health?

7) How can I use all the things in my life to move me toward my perfect health?

8) How can I make sure I only ask questions that work for me and move me quickly toward my food and fitness goals?

9) What exercise do I enjoy enough to make it a permanent part of my weekly or daily workout routine?

10) Why do I love working out so much?

EMPOWERING QUESTIONS FOR MY HEALTH

11) What do I need to do to establish a permanent subconscious program that will continually and perpetually move me toward my perfect health?

12) What do I need to do to keep my emotional state from becoming erratic?

13) What am I the most excited about in my life?

14) What do I need to do to empower myself every day?

15) How can I make sure I only ask questions that will propel me toward my goals?

16) What do I need to do to maintain a consistent exercise program?

17) What do I need to do to maintain my perfect health?

18) What is keeping me from my perfect health and what do I need to do to unlearn it or remove it from my life?

19) What questions do I need to ask myself every day to insure that I am continually moving toward my perfect health?

20) What foods will have the most positive affect on my emotional state?

EMPOWERING QUESTIONS FOR MY HEALTH

21) What questions can I add to this list that will perpetually move me toward my perfect **Health**?

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EMPOWERING QUESTIONS FOR MY WEALTH

1) What do I need to do to perceive every experience as a positive?

2) How can I maximize my productivity everyday?

3) What do I need to unlearn that may be keeping me from my perfect wealth?

4) What do I need to do to more clearly define my goals?

5) What do I need to do to maintain the focus of my goals?

6) What subconscious programs do I need to change to move more quickly toward my goals?

7) What action do I need to take to use every life experience as a stepping-stone toward my goals?

8) What do I need to do to draw all things into my experience that will ensure my success?

9) How can I make sure I stay focused on the task at hand?

10) How can I eliminate confusion?

EMPOWERING QUESTIONS FOR MY WEALTH

11) How can I keep myself up, on, centered and focused?

12) What do I need to do to become more of a magnet for my perfect wealth?

13) How can I increase my-decision making speed?

14) What do I need to do to perpetuate my perfect wealth?

15) What am I willing to do to ensure my perfect wealth?

16) How can I make sure I exploit my potential to the maximum everyday?

17) What questions do I need to ask myself to clearly define the divine design of my life?

18) How can I make all things in my life work for me?

19) How can I use all events in my life as a stepping-stone to move me toward my goals?

20) What questions do I need to ask myself everyday to ensure I am always moving in the direction of my goals?

EMPOWERING QUESTIONS FOR MY WEALTH

21) What questions can I add to this list that will perpetually move me toward my perfect **Wealth**?

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EMPOWERING QUESTIONS FOR MY

SELF-IMAGE

1) How can I make sure I continually maintain a positive self-image?

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2) What do I need to do to improve my sense of humor?

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3) What do I need to do, to consistently maintain my new self-image?

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4) Why am I so happy?

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5) What subconscious pictures or self-talk do I need to change to insure a positive self image?

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6) How can I take greater control of my emotional state?

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7) How can I make sure I fully enjoy every day of my life?

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8) What goals do I need to set in order to ensure my happiness and maintain a powerful self-image?

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9) What do I need to do to make sure that all levels of consciousness are continually and perpetually integrated?

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10) What do I need to do to maintain my emotional health?

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EMPOWERING QUESTIONS FOR MY SELF-IMAGE

11) What action do I need to take everyday to maintain my emotional health?

12) What do I need to do to stay focused on all the positive aspects of my life?

13) What is the divine design of my life?

14) What do I need to do to fulfill the divine design of my life?

15) What do I need to do to make this a perfect day?

16) How can I make this the best day I have ever had?

17) What do I need to unlearn that is keeping me from my most powerful self-image?

18) What am I willing to do to maintain my new self-image?

19) What do I need to do to perpetuate my new self-image?

20) What do I need to do to be closer to who I am instead of what I have learned?

EMPOWERING QUESTIONS FOR MY

SELF-IMAGE

21) What questions can I add to this list that will help me maintain my new **Self-Image** of **Love, Health, and Wealth**?

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FOOD & FITNESS PLANNER

FOOD & FITNESS PLANNER

Start Date _____ End Date _____

MONDAY	WEDNESDAY	FRIDAY
Food Plan	Food Plan	Food Plan
Morning:	Morning:	Morning:
Afternoon:	Afternoon:	Afternoon:
Emotionally Driven Food	Emotionally Driven Food	Emotionally Driven Food
Fitness Plan	Fitness Plan	Fitness Plan
Weight:	Weight:	Weight:

Food Plan - Please plan and schedule your meals the day before.
Emotionally Driven Food – This is where you mark in your emotionally driven food or drink. Identify the emotion and use **The STOP and REPLACE System** to initiate change and take control.
Fitness Plan – Please mark down the type of workout and amount of time. After you have completed your **Fitness Plan** mark down your approximate heart rate.

FOOD & FITNESS PLANNER

Start Date _____ End Date _____

TUESDAY	THURSDAY	SATURDAY
Food Plan	Food Plan	Food Plan
Morning:	Morning:	Morning:
Afternoon:	Afternoon:	Afternoon:
Emotionally Driven Food	Emotionally Driven Food	Emotionally Driven Food
Fitness Plan	Fitness Plan	Fitness Plan
Weight:	Weight:	Weight:

Food Plan - Please plan and schedule your meals the day before.

Emotionally Driven Food – This is where you mark in your emotionally driven food or drink. Identify the emotion and use **The STOP and REPLACE System** to initiate change and take control.

Fitness Plan – Please mark down the type of workout and amount of time. After you have completed your **Fitness Plan** mark down your approximate heart rate.

FOOD & FITNESS PLANNER

Start Date _____ End Date _____

MONDAY	WEDNESDAY	FRIDAY
Food Plan	Food Plan	Food Plan
Morning:	Morning:	Morning:
Afternoon:	Afternoon:	Afternoon:
Emotionally Driven Food	Emotionally Driven Food	Emotionally Driven Food
Fitness Plan	Fitness Plan	Fitness Plan
Weight:	Weight:	Weight:

Food Plan - Please plan and schedule your meals the day before.

Emotionally Driven Food – This is where you mark in your emotionally driven food or drink. Identify the emotion and use **The STOP and REPLACE System** to initiate change and take control.

Fitness Plan – Please mark down the type of workout and amount of time. After you have completed your **Fitness Plan** mark down your approximate heart rate.

FOOD & FITNESS PLANNER

Start Date _____ End Date _____

TUESDAY	THURSDAY	SATURDAY
Food Plan	Food Plan	Food Plan
Morning:	Morning:	Morning:
Afternoon:	Afternoon:	Afternoon:
Emotionally Driven Food	Emotionally Driven Food	Emotionally Driven Food
Fitness Plan	Fitness Plan	Fitness Plan
Weight:	Weight:	Weight:

Food Plan - Please plan and schedule your meals the day before.

Emotionally Driven Food – This is where you mark in your emotionally driven food or drink. Identify the emotion and use **The STOP and REPLACE System** to initiate change and take control.

Fitness Plan – Please mark down the type of workout and amount of time. After you have completed your **Fitness Plan** mark down your approximate heart rate.

FOOD & FITNESS PLANNER

Start Date _____ End Date _____

MONDAY	WEDNESDAY	FRIDAY
Food Plan	Food Plan	Food Plan
Morning:	Morning:	Morning:
Afternoon:	Afternoon:	Afternoon:
Emotionally Driven Food	Emotionally Driven Food	Emotionally Driven Food
Fitness Plan	Fitness Plan	Fitness Plan
Weight:	Weight:	Weight:

Food Plan - Please plan and schedule your meals the day before.

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FOOD & FITNESS PLANNER

Start Date _____ End Date _____

TUESDAY	THURSDAY	SATURDAY
Food Plan	Food Plan	Food Plan
Morning:	Morning:	Morning:
Afternoon:	Afternoon:	Afternoon:
Emotionally Driven Food	Emotionally Driven Food	Emotionally Driven Food
Fitness Plan	Fitness Plan	Fitness Plan
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FOOD & FITNESS PLANNER

Start Date _____ End Date _____

MONDAY	WEDNESDAY	FRIDAY
Food Plan	Food Plan	Food Plan
Morning:	Morning:	Morning:
Afternoon:	Afternoon:	Afternoon:
Emotionally Driven Food	Emotionally Driven Food	Emotionally Driven Food
Fitness Plan	Fitness Plan	Fitness Plan
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