

# Peace, not Perfect

Will you make the pledge for peace, not perfect?

I \_\_\_\_\_, understand that there is NO  
PERFECT DIET.

I pledge to be compassionate with myself as I explore peaceful ways to nourish  
my body and support myself in reaching my goals.

sign: \_\_\_\_\_

date: \_\_\_\_\_

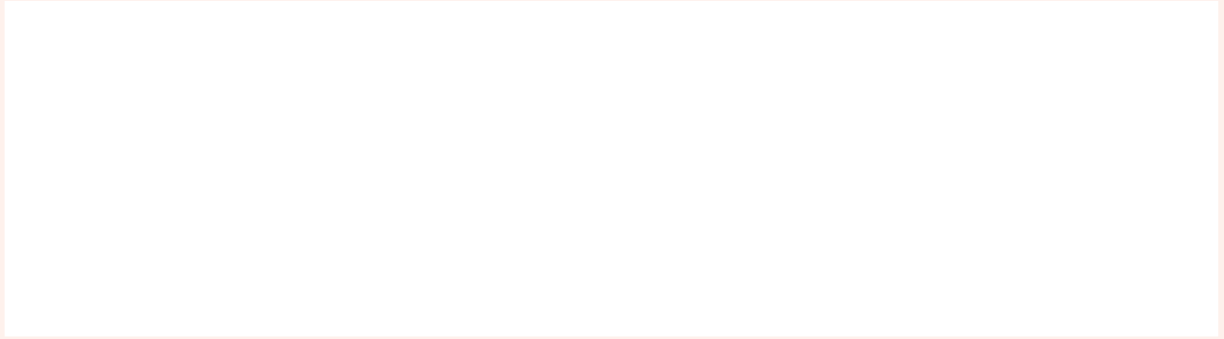
## We begin...

What starting pace and place did you identify in Module 2?

## Step 1...


Use the space below to describe your first set of dietary upgrades and commit to a period of time to experiment with this change/

After a week or two, describe the changes you have observed.

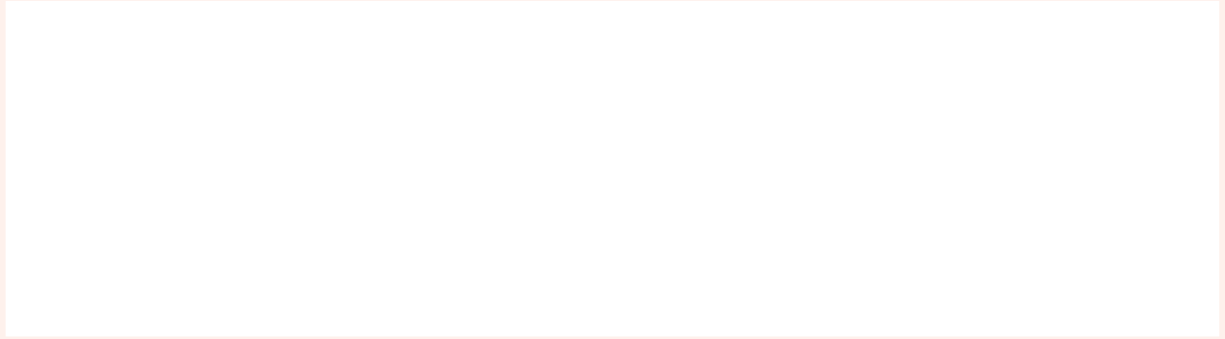


## On We Go, Keto?

Are you content to stay here? If so, great. If not, declare your next step and commit to a time frame.



After a week or two, describe the changes you have observed.



## Fine Tuning: FODMAPS and Fasting

Are you content to stay here? If so, great. If not, declare your next step and commit to a time frame.



# Slow Down

What did you notice/learn through your experiment with slowing down? Was it easy? Was it challenging? Was it insightful?



## Bring it back?

What foods are you most curious about reintroducing? Be honest, is it because you crave them (possibly a sign you're not ready), or are you genuinely curious (go for it)?

Use the section below to take notes as you experiment and define your unique food fingerprint.

