

# NOURISH: Tracking

See clearly first. Awareness creates the conditions for change.

## WHAT TO DO

Track what you eat  
Include everything  
Be honest, not perfect  
Notice, don't judge  
Stay curious

## WHAT TO NOTICE

When do I feel most hungry?  
When do cravings show up?  
How do I feel after I eat?

You are gathering information,  
not grading yourself.

## THE CORE THOUGHT

If you don't track your course, you drift.

Like sailing, this process isn't a straight line—  
you adjust, tack, and jibe as conditions change.

Tracking—both your body and your internal state—  
keeps you aligned with where you actually want to go.

*Change happens faster in an environment of safety  
than in an environment of pressure.*


## WHY IT MATTERS


Small things add up quickly—and they shape your results.

Research shows this is one of the main reasons people struggle to maintain their weight.

200 extra calories per day = 1,400 per week = ~6,000 per month

~200 Calorie Snack Examples


 Small handful of almonds (about 20–23 almonds)

 1 small chocolate bar (fun-size or ~1 oz)

 1 slice of toast with butter

 2 slices of cheese

 Banana + 1 tbsp peanut butter

 Coffee with cream + sugar (can easily reach 200)

## REFRAME

This is about clarity, not control.

You are not being evaluated.  
You are learning how your body works.

When you feel calm, clear, curious, and compassionate, you can stay with the truth without shutting down.

## WHAT IS TRUE RIGHT NOW?

Notice what's happening  
Tell yourself the truth  
Respond with kindness

Awareness reveals the truth.  
And truth is what creates real change.

## REFLECTIONS:

BEFORE EATING:

What am I actually feeling right now?

What do I need in this moment?

Am I physically hungry, or something else?

AFTER TRACKING:

What did I notice today (without judgment)?

Did anything surprise me?

Where did I feel most aligned?