



Smart, busy women  
improving their  
wellbeing

WELLBEING  
WARRIORS

one bite at a time!

iamawellbeingwarrior.com

## ~ Master My Macros ~ Worksheet One ~ January 2022

Hey lady, New Year – woot!

Okay, so this is a real Strong Body module focusing on what we EAT  
and how MUCH of it we NEED.

Take a moment to fill in the below to give you some insight into where you have been and  
how committed you are to this experiment!

1 I would like to...

Improve energy levels

Reduce weight / body fat

Improve mood stability

Reduce food cravings esp. for sugar

2 Any notes on the above for you?

3 How long have those things been an issue for you?

4 How many times have you tried to address them? What happened?

5 Complete the statements below

Food is....

I eat because...

I choose what to eat by...

I stop eating when...

Food means....

Food is....

Eating is....

Being hungry is....

## COMMITMENT TO MYSELF IN JANUARY 2022

I \_\_\_\_\_ am committed to eating to my macro split for the next 4 weeks as an experiment to on my energy levels, cravings and body composition. It can do ANYTHING for 4 weeks, and this is just FOOD MATHS!

My commitment level is     /10.

Signed..... Date: .....

Any other notes or thoughts you about food or eating or weight that want to record at this point... get ready to DECIDE TO DO IT DIFFERENTLY for your BODY this January.

*Louise*