## CRAVINGS BOSS

THE REAL REASON YOU CRAVE FOOD AND A 5-STEP PLAN TO TAKE BACK CONTROL

NATALIA LEVEY, CNC

## MY CRAVINGS JOURNAL

Date	Time	What	Where	Thoughts/ Feelings	My Response



## **CRAVINGS ACTION ID WORKSHEET**

1.	Affirmations					
	k several statements that might help you avoid giving into vings:					
Му	health is more important to me than[ice cream, chips, etc.					
۱w	I will make smart decisions today.					
Otl	her:					
2.[	Distractions					
Pic	k an activity that will shift the focus off your craving:					
Ga Wr Go Ca Do	en to music orden ite in your journal ofor a walk/run Il or text a friend or supporter a breathing exercise her:					



## **CHECKLIST**

To Do		S	MT	W	T	F	S
START THE DAY WITH SETTING POSITIVE INTENTION	1 MIN						
STRETCH	1-5 MIN						
MORNING PERSONAL HYGIENE ROUTINE	5-10 MIN						
MAINTAIN GOOD POSTURE	O MIN						
MINDFUL EATING: BREAKFAST, LUNCH, DINNER	1 MIN/EACH MEAL						
MEDITATION	10-30 MIN						
HYDRATE. HOW MUCH WATER DID I DRINK TODAY?	1 MIN/GLASS						
MAIN TASK OF THE DAY ACCOMPLISHED	SCHEDULE AT LEAST 30 MIN						
EXERCISE - ANYTHING. GET MOVING.	20-40 MIN						
TAKE VITAMINS	1 MIN						
PRACTICE RELAXATION BREATHING TECHNIQUES	1-5 MIN						
DO A CHECK-IN WITH MYSELF (MORNING, AFTERNO	ON, EVENING) 1–2 MIN						
DE-CLUTTER	1-5 MIN						
HELP SOMEONE	1-5 MIN						
RELEASE JUDGMENT	O MIN						
GET MY VEGGIES ON O MI	N/INCLUDE WITH EVERY MEAL						
SMILE	O MIN						
DO SOMETHING THAT MAKES ME HAPPY	1-5 MIN						
WRITE IN MY GRATITUDE JOURNAL							
EVENING PERSONAL HYGIENE ROUTINE 5-10 MIN							
CONSISTENT BEDTIME RITUAL, ELECTRONIC SHUTDO							

NATALIA LEVEY IS A PROFESSIONAL CHEF, CERTIFIED HEALTH & NUTRITION COACH AND AUTHOR OF "CRAVINGS BOSS." SHE EDUCATES PEOPLE WORLDWIDE ABOUT HOW TO MAKE BEHAVIORAL CHANGES RESULTING IN IMPROVED NUTRITION AND BETTER ENERGY. NATALIA IS THE FOUNDER OF HEALTHY INTENT WWW.HEALTHYINTENT.COM IN HER FREE TIME SHE INDULGES HER SECRET ADDICTION TO GRAPHICS THROUGH AN ONLINE MAGAZINE - HEALTHY INTENT {SEASONAL HEALTHY INSPIRATIONS}.

NATALIA HAS RECEIVED HER CULINARY TRAINING AT THE ART INSTITUTE OF NEW YORK CITY AND IS A GRADUATE OF THE INSTITUTE FOR INTEGRATIVE NUTRITION (IIN). SHE ALSO RECEIVED HER CERTIFICATION AS A NUTRITIONAL CONSULTANT FROM THE AMERICAN ASSOCIATION OF NUTRITIONAL CONSULTANTS.

NATALIA LIVES IN FLORIDA, AND LOVES GETTING CREATIVE IN THE KITCHEN FOR HER FAMILY AND FRIENDS, WHILE HER DOG IS RUNNING UNDER EVERYONE'S FEET. SHE'S AN AVID GYM GOER, WORLD TRAVELER AND ORGANIZER.

COME GET HEALTHY WITH HEALTHY INTENT ON SOCIAL MEDIA:

FACEBOOK: WWW.FACEBOOK.COM/HIINTENT

INSTAGRAM: HEALTHY\_INTENT TWITTER: @HIHEALTHYINTENT

