**March Mini Challenge – After Math**

*Track how food makes you feel.*

The “After Math” Mini Challenge invites you to write down what you eat and how it makes you feel each day for the next 30 days. You can eat whatever you want, as often as you want – just log it and how it makes you feel. Keep track in a journal, on your phone, or using this tracking sheet – something that is handy to use after you eat. If you forget to log a meal, write down what you can remember. When recording how you feel, include how full you are, your level of satisfaction, and how the food makes your body feel.

In today’s busy world, we often eat on the go without giving it much thought. This simple exercise will help make you more aware of what you eat, when you eat, and how you feel afterward. Everyone’s body is unique and reacts to food differently. You’ll be surprised at what you learn about how different foods affect your body by simply taking a moment to notice. Hopefully this knowledge will help you to change your habits to favor foods that make you feel good – and avoid those foods that don’t.

**March 2020 Mini Challenge – After Math**

*Track how food makes you feel.*

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| **What did you eat?** | **How did you feel?** |
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| **What did you eat?** | **How did you feel?** |
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