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The 14-Day Calorie Confidence Workbook

By Anna, Comfort Mind Body



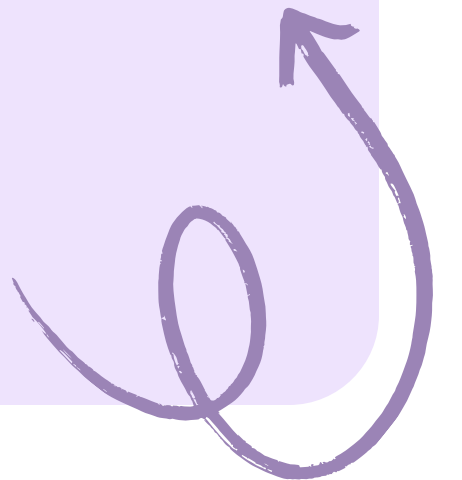
How This Workbook Helps

A Calm Experiment for Change

This workbook is a 14-day calm experiment to help you estimate, test, observe, and adjust your calorie target without feeling restricted.

Anna's Tip: Treat the next two weeks as information gathering. You are not trying to be perfect; you are learning what your body can repeat.

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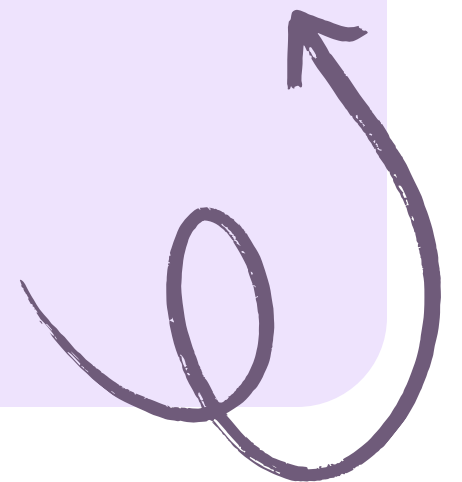


Important Guidance for Your Journey

This workbook is designed for educational purposes only and is not a substitute for medical advice. Please consult a healthcare professional if you have any of the following:

- Diabetes
- Pregnancy or breastfeeding
- Kidney disease
- Heart disease
- Medication concerns
- History of eating disorders
- Symptoms like dizziness, faintness, or extreme fatigue
- Menstrual cycle loss or unexplained weight changes

Prioritizing your health and safety is essential. Always seek professional guidance when needed.



Your Starting Calorie Range

- Estimate your maintenance calories based on lifestyle and activity level.
- Identify gentle and moderate deficits for gradual weight loss.
- Choose a starting calorie target that feels sustainable.
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- Anna's Tip: Start with the highest calorie target that still creates progress. A plan with energy is easier to keep than a plan built on hunger.



Comfort Mind Body Check-In

Reflecting on Your Wellness Journey

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Comfort

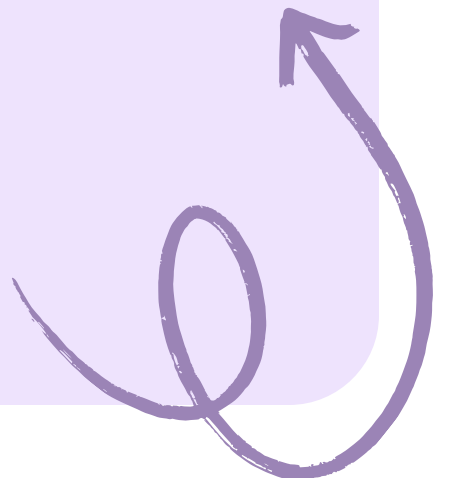
Evaluate your daily comfort levels by considering your schedule, food preferences, and stress levels. Identifying these factors can help you create a nurturing environment for your well-being.

Mind

Pay attention to your thoughts about food and motivation. Understanding emotional eating triggers and confidence levels can guide you to make healthier choices with a compassionate mindset.

Body

Tune into your body's signals, including hunger, energy, and sleep quality. Recognizing these aspects can empower you to adjust your habits for optimal health and vitality.



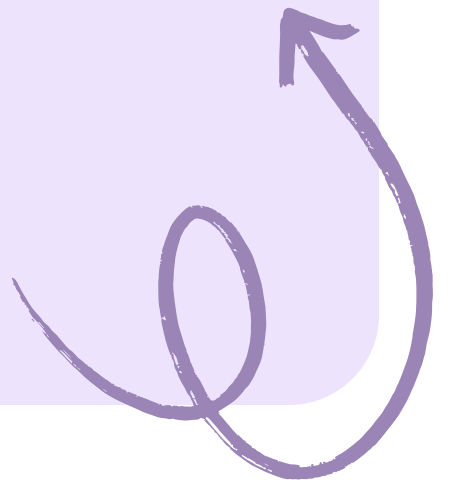
3-Day Food Awareness

Instructions for Mindful Tracking

Track your food intake for three days, including one weekend day if possible. Focus on awareness, not shame; note meals, drinks, snacks, hunger, fullness, energy, and mood.

Anna's Tip: Track normal days, not your best days. Honest data is more useful than perfect-looking data.

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Food Awareness Log: Day 1

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- Track meals, snacks, and drinks throughout the day.
- Note your hunger levels before and after eating.
- Observe your energy and mood changes during meals.



Food Awareness Reflections

Insights and patterns from Day 3

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Daily Patterns

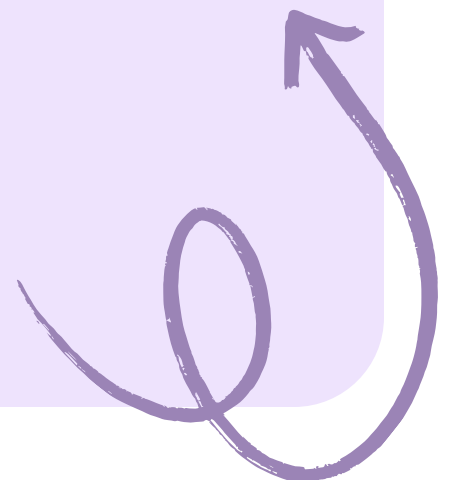
Observing your food intake reveals **valuable insights** about your habits. Patterns may emerge regarding portions, types of food consumed, and triggers that influence your eating decisions.

Emotional Connections

Reflecting on your mood during meals can enhance **self-awareness**. Understanding emotional triggers can lead to healthier coping strategies and choices that align with your wellness goals.

Future Adjustments

Use the information gathered to **create actionable steps** for your journey. Small adjustments can lead to more sustainable habits, making your path to wellness feel calm and achievable.



Build A Filling Meal

Components for Balanced Nutrition

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Creating a satisfying meal involves balancing protein, fiber, healthy fats, and vibrant vegetables. This worksheet will guide you in assembling a meal that nourishes your body and mind.



Weekly Tracking

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Start Tracking

Begin your 14-day journey by **tracking daily** calories and notes to create awareness around your eating habits and overall wellness for sustainable weight loss.

Consistent Reflection

Check in with yourself each day to reflect on your **hunger levels, energy**, and any challenges faced, allowing you to make mindful adjustments to your approach.

Weekly Review

At the end of the week, review your calorie target, hunger, energy, sleep, and consistency before adjusting.

Anna's Tip: Compare weekly patterns, not one dramatic weigh-in. Water, sodium, stress, and sleep can all change the scale temporarily.

Week 2 Progress

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Midway Reflection



At this point, assess your feelings and experiences. Reflect on your emotional and physical well-being to ensure a balanced approach to calorie planning and health.

Adjustments Made



If necessary, make slight changes to your calorie target or food choices. This flexibility is crucial for maintaining comfort while on your journey to better health.

Weekend Check



Weekends can quietly change your calorie average. Choose one anchor before the weekend begins: a protein breakfast, a walk, a drink limit, or one planned flexible meal.

Anna's Tip: Plan for real life before it happens.

Preparing for Maintenance



As you approach the end of the two-week period, start thinking about how to transition smoothly into a maintenance phase, ensuring lasting habits and healthy choices.

Two-Week Review

Reflection Questions and Adjustments

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Weekly Average

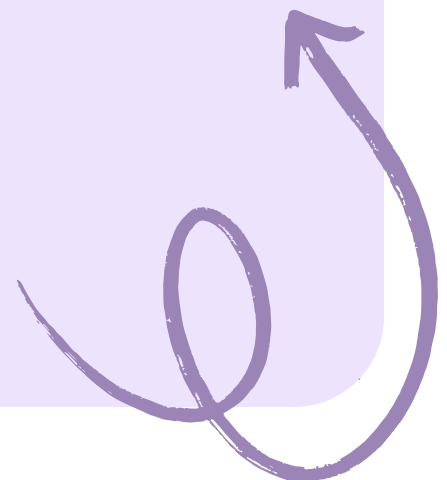
Did your **weekly average** weight change? Tracking averages helps in understanding **trends** rather than fixating on daily fluctuations. Assessing progress can provide clarity and direction.

Hunger Management

Was your **hunger manageable** throughout these two weeks? Recognizing when you felt satisfied or overly hungry is crucial for adjusting your calorie target and meal plan effectively.

Energy Levels

How was your **energy level** during this period? Evaluating your energy can inform necessary adjustments in meals or activity levels, ensuring you maintain a balanced approach to well-being.





Do Not Cut Lower

Safety First: Listen to Your Body

Before cutting calories lower, check consistency, protein, sleep, movement, drinks, oils, sauces, and weekend habits first.

Anna's Tip: If you feel dizzy, cold, exhausted, obsessed with food, or afraid of normal meals, do not cut lower. Slow down and consider professional guidance.

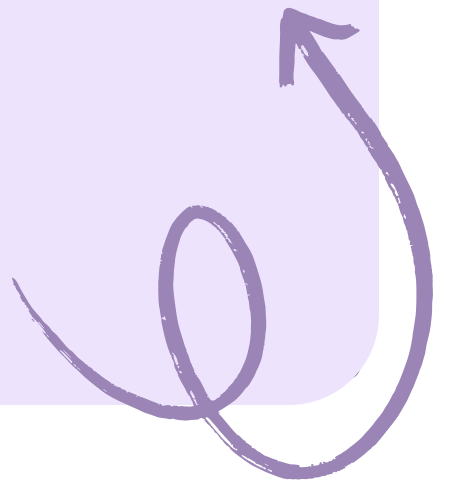
Adjustment Decisions

Choose Your Next Steps Mindfully

Reflect on your progress and choose one next adjustment: keep the same target, reduce slightly, add walking, improve protein, reduce liquid calories, tighten weekends, increase slightly, or seek professional guidance.

Anna's Tip: Change one thing at a time so you know what actually helped.

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Sustainable Healthy Living

The aim is to build long-term habits that prioritize protein, fiber, hydration, movement, sleep, and flexibility. Transitioning from weight loss to maintenance should feel calm and realistic.

Anna's Tip: Maintenance is not quitting. It is practicing the habits that help you feel well with more room for normal life.



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Final Thoughts

Anna's Final Tip: Calories are information, not punishment. Use what you learned to support your comfort, mind, and body.

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