Real Food Reset

WITH GINA SCHADE

WELLNESS ASSESSMENT

AND PROGRAM GOALS

GOALS

Prior to your **Real Food Reset**, kindly take a few moments to fill out the "**Goals**" Section, as well as the "**Before**" Assessment.

After your program, please fill out the "**After**" section and be encouraged to reflect on all of the positive progress you have made!

Q1: What are your program goals (or intentions)?

Q2: Why is it important to you to work towards these goals?

Q3: What has gotten in the way of you achieving these goals on your own?

Q4: Do you foresee any obstacles? If so, how will you overcome them?

Q5: How will you feel once you've made forward progress towards your goals?

Wellness Assessment

BEFORE

PHYSICAL

Typically, I...	Never	Rarely	Sometimes	Always
wake up with energy	○	○	○	○
have consistent energy levels throughout the day	○	○	○	○
get restful sleep	○	○	○	○
have regular bowel movements	○	○	○	○
have a happy tummy (no bloating, gas, or pain)	○	○	○	○
have happy skin (no acne, rashes, or bumps)	○	○	○	○
have happy joints (no pain day to day)	○	○	○	○
feel strong	○	○	○	○

HEALTHY FOOD + LIFESTTYLE HABITS

Typically, I...	Never	Rarely	Sometimes	Always
include nutritious food in my diet	○	○	○	○
include vegetables in my meals	○	○	○	○
read food labels	○	○	○	○
am able to manage my cravings	○	○	○	○
meal plan	○	○	○	○
cook at home	○	○	○	○
make supportive choices when dining out	○	○	○	○
have a feeling of peace around food	○	○	○	○

PHYSICAL ACTIVITY

Typically, I...	Never	Rarely	Sometimes	Always
set aside time for physical activity	○	○	○	○
enjoy my exercise routine	○	○	○	○
get varied physical activity (strength, cardio, etc.)	○	○	○	○
honor rest days when I need them	○	○	○	○

Wellness Assessment

BEFORE (cont'd)

SELF CONFIDENCE + LIFE FULFILLMENT

Typically, I...	Never	Rarely	Sometimes	Always
feel good in my body	○	○	○	○
feel good in my clothes	○	○	○	○
take time for self-care	○	○	○	○
take time for personal development	○	○	○	○
am happy with my romantic relationship	○	○	○	○
am happy with my friendships	○	○	○	○
am happy with my career	○	○	○	○
am happy with my home environment	○	○	○	○
am happy with my extra-curricular activities	○	○	○	○

NOTES

Wellness Assessment

AFTER

Congratulations! If you're here, you've **completed** the Real Food Reset! I'm so proud of you for intentionally working to create the life you envision for yourself. Every single small step you've taken has added up! Please use this "after" section to take note on the progress you've made and how you would like to continue with the habits you've built!

PHYSICAL

Now, I...	Never	Rarely	Sometimes	Always
wake up with energy	○	○	○	○
have consistent energy levels throughout the day	○	○	○	○
get restful sleep	○	○	○	○
have regular bowel movements	○	○	○	○
have a happy tummy (no bloating, gas, or pain)	○	○	○	○
have happy skin (no acne, rashes, or bumps)	○	○	○	○
have happy joints (no pain day to day)	○	○	○	○
feel strong	○	○	○	○

HEALTHY FOOD + LIFESTYLE HABITS

Now, I...	Never	Rarely	Sometimes	Always
include nutritious food in my diet	○	○	○	○
include vegetables in my meals	○	○	○	○
read food labels	○	○	○	○
am able to manage my cravings	○	○	○	○
meal plan	○	○	○	○
cook at home	○	○	○	○
make supportive choices when dining out	○	○	○	○
have a feeling of peace around food	○	○	○	○

PHYSICAL ACTIVITY

Now, I...	Never	Rarely	Sometimes	Always
set aside time for physical activity	○	○	○	○
enjoy my exercise routine	○	○	○	○
get varied physical activity (strength, cardio, etc.)	○	○	○	○
honor rest days when I need them	○	○	○	○

Wellness Assessment

AFTER (cont'd)

SELF CONFIDENCE + LIFE FULFILLMENT

Now, I...	Never	Rarely	Sometimes	Always
feel good in my body	○	○	○	○
feel good in my clothes	○	○	○	○
take time for self-care	○	○	○	○
take time for personal development	○	○	○	○
am happy with my romantic relationship	○	○	○	○
am happy with my friendships	○	○	○	○
am happy with my career	○	○	○	○
am happy with my home environment	○	○	○	○
am happy with my extra-curricular activities	○	○	○	○

Compare your "before" answers to your "after" answers. Please use the space below to **make notes** on changes you made in each category. You can also use the space to make notes on how you'd like to continue moving forward in each area.

PHYSICAL

HEALTHY FOOD + LIFESTYLE HABITS

PHYSICAL ACTIVITY

SELF-CONFIDENCE + LIFE FULFILLMENT

REVIEW

Goals + Intentions

Q1: Did you make forward progress toward the goals you outlined?

Q2: What habits from the program would you like to continue with?

Q3: How will you hold yourself accountable to the habits you previously listed?

Q4: What type of support do you feel you need?

YOUR NEXT STEPS

While the habits you've created during the **Real Food Reset** can keep you moving forward on your own, it can be common for clients to want to continue on!

BECOME A REAL FOOD RESET MEMBER

If you enjoyed the support and accountability of the program, becoming a member is FOR YOU! **Membership provides you with continued access to the accountability group and coaching support from Gina!** Only $19 per month.

SIGNATURE PRIVATE COACHING EXPERIENCE

Private coaching is a tailored experience where we go beyond physical health, and look at all aspects of your life. We deep dive into how you can live a **healthier**, **happier**, and **more fulfilling life**. If you noticed "low scores" in the "Self-Confidence and Life Fulfillment" section of the Wellness Assessment, private coaching could be a great fit for you.

Begin the conversation to **learn more** by emailing me at ginamschade@gmail.com.

REQUEST FOR TESTIMONIAL

My hope is to get this program into the hands of more people who could benefit from it. One of the very best ways I'm able to do this is by sharing first-hand testimonials from those who have completed the program!

Would you be willing to share a 3-5 sentence testimonial around what your experience was like working with me? Pretty please with a cherry on top!

Here are some topics that may be helpful in writing your testimonial:

- Why did you join the Real Food Reset?
- What did you enjoy most about the program?
- What forward progress have you made?
- How did Gina support you throughout the program?
- What would you say to someone considering signing up for the program?

Don't worry about having the perfect words or answering all the questions, **just speak from your heart**!

Please email testimonials to ginamschade@gmail.com.

Thank you!