

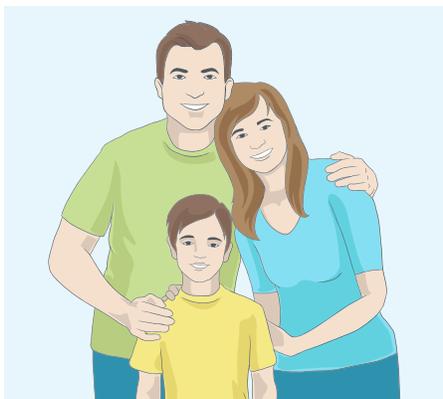
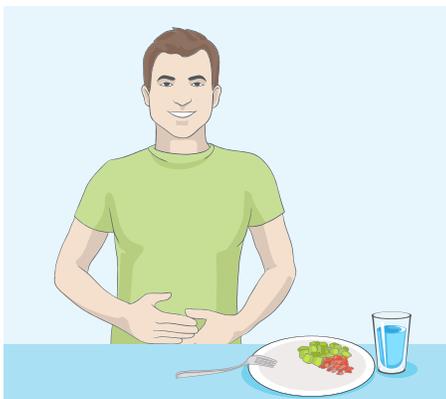
# SIGNS YOUR NUTRITION PLAN IS WORKING

The scale and your body weight don't always give you the full picture of progress.

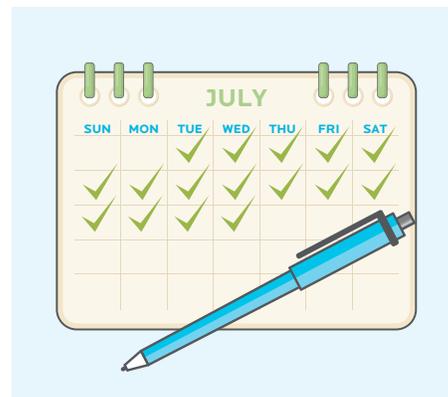
Here are some better ways to tell that your nutrition plan is working.



- You're satisfied after meals
- You're in a better mood
- You're sleeping better



- You have more energy, more consistently
- You're stronger and have more endurance
- Your habits feel more like a lifestyle than a "diet"



# MORE WAYS AN EFFECTIVE NUTRITION PLAN CHANGES YOU

## PHYSICAL

- You have less pain – maybe you're even pain-free!
- You have less inflammation (e.g. joint stiffness, autoimmune flare-ups, etc.).
- You have better mobility (e.g. a better range of motion on a certain exercise, or feeling more mobile in general).
- You take fewer medications, or a lower dose of them.
- You have better blood work or other lab tests.
- You have fewer digestive problems.
- You heal and recover from injury or illness more quickly.

## PERFORMANCE

- You perform better athletically.
- You can do daily-life tasks better (e.g. lifting things into the car, carrying groceries, managing a dog pulling on a leash, etc.).

## EMOTIONAL / MENTAL

- You feel more confident.
- You feel like change is possible.
- You feel better about your choices.
- You feel more knowledgeable.
- You feel clearer about your goals and the path to get to them.
- You feel mentally more "on" – you're thinking more clearly, with less fuzziness or forgetfulness.
- You feel more open to trying new things.
- You feel happier and more positive.
- You feel motivated (e.g. motivated to train, motivated to persist)!

## APPEARANCE

- Your skin looks better (e.g. less acne; fewer rashes; general improvement).
- Your hair and fingernails are stronger.
- You look generally "fitter" / more athletic.
- You're walking taller and more confidently.