

Weekly Benefits Chart

"You can observe a lot by just looking!"

—Yogi Berra

Please look at the following Benefits Chart at least once a week and write down what you observe. You may be pleasantly surprised as you begin to compare notes from one week to the next and one month to the next. The journey to better nutrition is a series of very practical and sometimes very measurable steps. And this step, observing and filling out your weekly benefits chart could prove to be the most important one of all and the key to your successful New Earth Experience! Have fun with this!

Use the following Weekly Benefits Chart to track your progress from where you are right now to exactly where you would like to be. On a scale of 1 to 10, with 1 being 'the worst' and 10 being 'the best', grade yourself in each of the following areas:

WEEK		1	2	3	4	5	6	7	8
BENEFIT	physical energy, stamina, endurance								
	physical strength and flexibility <small>(neck, back, legs, arms, hands skin, hair and nails teeth and gums)</small>								
	appetite								
	digestion								
	weight								
	exercise								
	mental clarity, memory, creativity								
	moods and sleep cycles								
	attitude								
	'luck' <small>(at home, at work, at play)</small>								
'senses' <small>(taste, smell, hearing, vision, touch)</small>									

Please list any additional benefits you have observed: _____
