



— PURE —

Whole-Food & Plant-Based Support

Disclaimer

- This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made.
- There are no medical recommendations or claims for the PURE program or for any of the vitamin or mineral regimens described in this program.
- No individual should undertake the PURE program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the PURE program.



Module 12 Guide

Going Forward

- Assessing Progress
- Goals for future
- Food Review





Going Forward

Congratulations – you’ve made it to the final week of the program!

By now, you are either at your goal weight (if you had a small amount of weight to lose), or well on the road to achieving your vibrant health. This week our program will focus on behaviors and tips for sustainability

It’s going to be easier than you think!

With the PURE program, you have been focusing on very small changes that can become lifelong habits.

That means that, as you move forward, you will just continue what you’ve already been doing all along!

Consistency and persistence are the key to successful health maintenance. Continue with self-care and PURE in Food, Body and Mind, and you’ll be giving yourself a lifesaving gift.



Goals for the Future

Decide your goals for moving forward and create your plan from there.

If you're ready to switch to lifestyle maintenance, you will create strategies to support your Healthy Habits with that in mind.

If you're ready to continue focusing on lifestyle creation, that will impact your strategies to move forward.

Finally, you might just want a break. If you're feeling this way, you may have done a little too much too fast during the program.

Rather than giving up everything, perhaps select one or two of your areas of focus that are challenging or emotionally charged for you and move those back to a behavior that doesn't feel tiring or draining.

It's normal to push a little too hard – the key now is to realize what occurred and to maintain those habits that feel good to you, so that you don't lose all the positive progress you've made during this program.



Reaching Your Goals

It may be that 12 weeks into focusing on your health you're ready to continue making progress with your goals.

I'm happy to support you moving forward!

Please reach out and contact me if you would like to know the options for how we can continue working together in the future.

Assessment

	Weight	Sleep	Constipation/ Diarrhea	Energy	Mood
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Assessment

Five positive changes this week?

- 1.
- 2.
- 3.
- 4.
- 5.

What are your main concerns?

What can you do in the next week to bring you closer to your goals?

How did you feel?