

# -PURE-

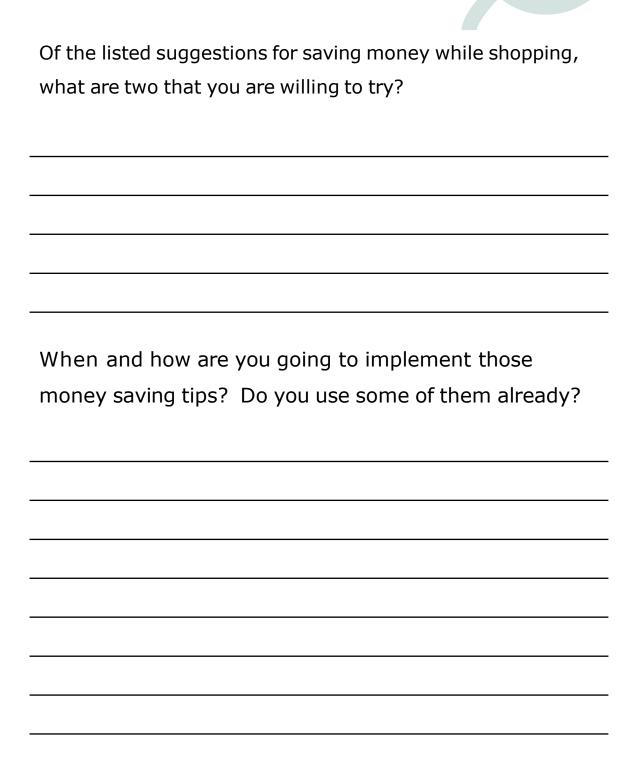
Whole-Food & Plant-Based Support



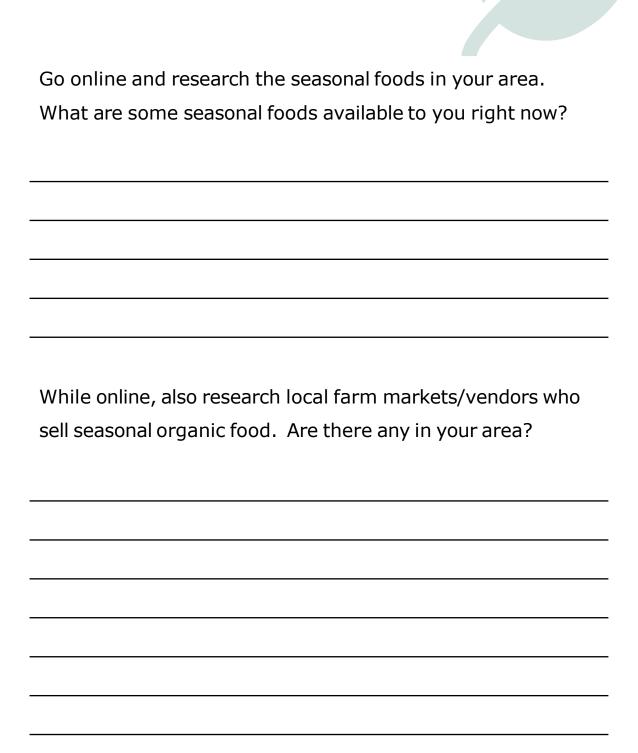
Workbook

Module Three

#### Low-Cost Meals



#### Seasonal Foods



## Walking

How much walking/running do you currently do each week?
What time of day are you most likely to find the time to walk? What can you do to make sure that you walk at least two hours each week?

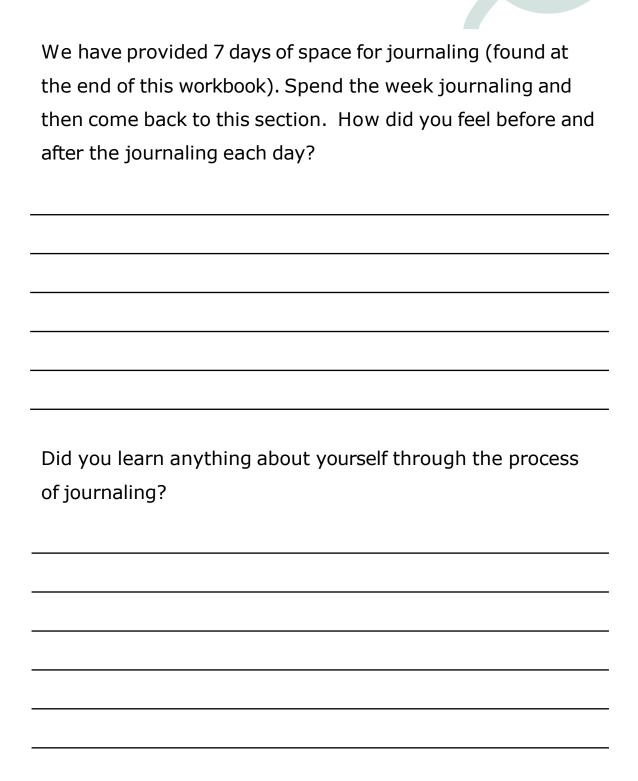
### Walking



Do you have anyone (spouse, children, friends, etc.) who			
would be willing to walk with you each week?			
How do you feel after walking each time? Does this			
encourage you to keep walking?			
encourage you to keep waiking:			
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encourage you to keep walking:			
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Have you journaled in the past and were you successful with
it? How long did you journal?
When are 3 times that you could take the time to
thoughtfully journal each day?
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Day 1		



Day 2		_	



Day 3	



Day 4	



Day 5		



Day 6	



Day 7	