

Robin's 15-Day Hormone Reset Workbook Day 9



Robin Nielsen





Hormone Reset

Day 9

Cravings

Food cravings are your body's way of trying to tell you something important...if you're not addressing your food cravings, you're not hearing your body's cry for help.

❖ The foods I crave the most are _____, _____
and _____.

OR

_____ (check mark here) I don't have food cravings.

❖ My biggest challenge around cravings is: _____

❖ Rate each on a scale of 1-10 (1-low, 10-high)

My cravings are worse in the afternoon/evening _____

I crave for stimulation from sugar, chocolate, caffeine _____

I crave carbs, alcohol or drugs for relaxation _____

I crave comfort, reward or numbing treats _____

I crave sugar, starch or alcohol to balance my blood sugar _____

Total Score: _____



❖ Robin's Top 11 Tips for Eliminating Cravings are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

❖ Action Steps - I can't wait to begin!:

1. _____
2. _____
3. _____

❖ Notes:

