



# MY REASONS TO **SNACK RIGHT**

Think of your own reasons for healthier snacking. How would you benefit now? How would you benefit in the future? Since these reasons are personal, they can answer the question at the root of all change: What's in it for me? Use the checklist below, or write in additional reasons on the lines provided.

BENEFITS TO MY BODY	BENEFITS TO MY MIND
<input type="checkbox"/> Better overall health	<input type="checkbox"/> Less stress
<input type="checkbox"/> Longer life	<input type="checkbox"/> Better sleep
<input type="checkbox"/> Lower heart disease risk	<input type="checkbox"/> More energy
<input type="checkbox"/> Less inflammation	<input type="checkbox"/> Better mood
<input type="checkbox"/> Lower weight	<input type="checkbox"/> Pride in nurturing your health
<input type="checkbox"/> Improved gut health	<input type="checkbox"/> Sharper focus and alertness
<input type="checkbox"/> Better blood sugar control	<input type="checkbox"/> Improved concentration
<input type="checkbox"/> More sustained energy, less fatigue	<input type="checkbox"/> Better sense of well-being
<input type="checkbox"/> Better cholesterol counts	<input type="checkbox"/> Improved overall brain function
<input type="checkbox"/> Improved metabolism	<input type="checkbox"/> Meals are more organized
<input type="checkbox"/> Increased nutrient intake	<input type="checkbox"/> More creativity in the kitchen
<input type="checkbox"/> Better hunger regulation	<input type="checkbox"/> Self-esteem and appreciation for your body

## MORE BENEFITS:

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