# Morning Glories Nutrition Challenge Scorecard

**Day #1 : Give a moment of gratitude/prayer for each drink, meal, and snack. Consider what that food/beverage does for you.**

**Day #2: Drink at least 8 glasses of water**

**Day #3: Eat 2 fresh fruits & 3 fresh vegetables**

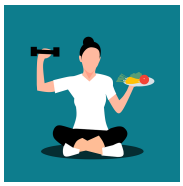
**Day #4: Eat 90 grams of protein (or a palm of protein each meal + protein-rich snack)**

**Day #5: Put your fork/food down after every bite**

**Day #6: Take a Half-Time Time Out- Once you have eaten half of your food, stop eating for 2 minutes. Breathe.**

**Day #7: Favorite food meditation. Eat one of your favorite foods that you know you should probably eat less of. Consider:**

- **What does this food offer me physically?**
- **What does this food offer me mentally?**
- **What does this food offer me socially?**
- **Where did this food come from?**
- **Who prepared this food for me?**
- **What does this food look like?**
- **How does this food feel in my mouth?**
- **What does this food smell and taste like?**



*Congratulations on completing your nutrition challenge!*
*Which challenges came easy to you?*

*Which challenges were hard for you to complete?*

*Which challenge(s) would you like to focus on for the next month?*