



MODULE 1: WHERE ARE YOU NOW?

The goal of this summary sheet is to re-cap on the most important points from this module, particularly the things that are worth putting in to action in order to maximise your success as we continue through your Woman Incredible VIP Platinum Mentoring program.

You'll notice that with each module that comes along we delve a little deeper into the science of training, nutrition, hormones, supplementation, and the very many and varied lifestyle factors which impact the way you look, feel and function.

Rather than ever needing to refer back to your email digests after having completed a module, you can download and even print the summary sheet at the end of each module, perhaps even choosing to make notes on the things you particularly want to remember or continue working on.

Let's quickly review the goals of this module before we move on!

MODULE OVERVIEW: Learn what is actually important to track and be aware of when it comes to the way you eat

MODULE GOALS AND OUTCOMES: Gain a clear understanding of where you are now and how your food choices are affecting the way you look, feel and function.

SUGGESTED EXERCISE: Use your [Woman Incredible Food Tracker](#) to record your eating throughout this module and beyond.

MODULE BONUS: [Supplement ‘Cheat Sheet’](#)

MODULE 1 SUPPLEMENT: [Multi Intense](#), your health ‘insurance’ and everyday detoxifier.



Module 1 Summary Notes

Remember that the main goal of this module, and the outcome you should expect, is to gain a really clear understanding of where you're currently at when it comes to food, and more particularly how your food choices are affecting you from the inside out.

With that in mind, here are some of the other things we covered over the past 3 weeks.

Module 1 Suggested Exercise: Your Food Tracker

Your food choices affect everything about how you function and feel, not just the way you look. Tuning in to that by using your Food Tracker is going to empower you to make the right choices for your body as we move forward.

While I don't believe in keeping a food diary forever, it is an excellent tool to use when beginning a new program or when paying attention to new things, and so I'd like you to try and use it most days throughout this module.

[Click here](#) to download your VIP Platinum Mentoring Food Tracker - there is a full explanation of how to use it in the 'notes' section on the document.

Wellbeing Pie

A great way to get an insight into where you really are now is to make a Wellbeing Pie. To do this, take a blank piece of paper in your journal, and draw a large circle. Split it into 7 pieces and name each piece according to the following:

- Physical
- Strength
- Moods/emotions
- Digestion
- Energy
- Cravings
- Self-confidence/self-belief



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Draw a dot at the point on each piece to which you feel fulfilled. Don't be surprised if your pie, once filled in, seems to contain a funny tarantula shape! A little exercise you can try is to choose an area where you are not satisfied and write down 3 things you know you could be doing to improve. Choose one for today - and do it.

Foods To Feel Great

It's too easy to get caught up in what you 'should' eat. Your transformation/nutrition habit for today is to choose only to eat foods that make you feel good. At the time as well as afterwards. And regardless of the rules.

Your Eating Habits Questionnaire

Fill in the [Eating Habits questionnaire](#) to determine your eating type and gain insight into your current habits. This is useful for seeing where your strengths and weaknesses lie nutritionally, and will help you to get more out of the future knowledge we cover on nutrition for fat loss and health.

Boost Detoxification, Health & Fat Loss With A Multi

We all need supplements. even if you're eating an all-organic diet, the realities of modern day living mean you need some extra 'armor' so to speak, if you want to look and feel your best. A good multi-vitamin is essential for health, detoxification, and metabolism - I recommend [Poliquin's Multi Intense](#).

Processed Versus Unprocessed Foods

My recommendation is for now more than approximately 15% of your food intake to be processed. Even if it's 'healthy processed', these foods require no work for your body to absorb the energy from them.

Take a couple of days in your food tracker to note down the rough percentage of processed to unprocessed foods in your diet. Processed foods include anything that is altered by man; usually in a package. Remember that all grains are processed; you don't eat them straight from the field!



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Ideal Proteins, Fats, Carbs

Here is a rough breakdown of the ideal ranges of proteins to fats to carbs:

- Protein: 30-50%
- Fats: 30-50%
- Carbs: 10-40%

Remember that everyone is different, so look for patterns in your food tracker to see what mix of macronutrients works best for you. The right mix will have you slowly but steadily achieve and maintain your ideal weight and will optimise the way you feel and function.

For more on carbs and whether you actually need them at all, read this article:

<http://www.bodyincredible.com/have-you-had-your-essential-carbs-today/>

Checking In: What Worked Well For You In Module One?

I hope that over the past few weeks - even if you didn't get to try all the different workouts, tips and tools - you've gained a greater insight into what makes the 'incredible woman' inside you tick. Whether it be greater food awareness or having beaten some of those inner voices trying to bring you down, this module has been all about becoming truly aware of where you are now.

Here are some questions to ask yourself before leaving this module:

- Did you try anything new with food this week? If so, what was it?
- From tracking your foods, which foods did you notice made you feel most alive, most energised or most happy and confident?
- Overall, what worked well for you this module? (Either on food or anything else)
- What didn't work? Did you have any revelations? What were they?



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MODULE ONE RECIPES

The module 1 delicious recipes included:

- [Goat Cheese and Chia Scramble](#)
- [Baked Protein Apples](#)
- [Lamb, spinach and macadamia nut salad](#)
- [The very yummy Coconut-Chocolate Brownies](#)
- [My Gourmet Beef Salad](#)
- [Chia Pudding](#)

MODULE ONE WORKOUTS

Grab your Module 1 workouts [over here](#).

MODULE ONE MEAL PLANS

[Click here](#) to peruse the module 1 sample meal plans, all taken from varied 'real days' in my life.

As we move through future modules you will notice me including days with meals out, weekend days, even travel/holiday days. The goal of the meal plans is to overview 'real clean eating' in the midst of a busy life, giving you ideas of how to make it work for you in YOUR life!

In this module I've chosen typical 'busy work' days.

- **Week One: 'A Typical Day At The Office'**
- **Week Two: 'A Typical Day At The Office'**
- **Week Three: 'A Typical Day At The Office'**

Life is Now. Press Play.

Kat

PS: If you didn't quite manage to get around to it, now might be a great time to jump on the [forum](#) and let your fellow Platinum ladies know where you are now.

That's what the forum is there for :)

PPS: Get ready for Module 2: The Perfect Diet for You! It's full of specifics on how to eat for ideal fitness, function, and (yes) a rockin' body!

