

#HBBREAKFAST

CHALLENGE JOURNAL

Use this journal to tune into how you're feeling after each breakfast during the challenge.

Tip: Each day I recommend starting with Morning Ritual (my alkalizing electrolyte drink). If you don't have any on hand, lemon water will do too :)



wellena

Hormones
& BALANCE

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DAY 1
**BEFORE-
BREAKFAST**
DRINK:
MORNING RITUAL
BREAKFAST
TYPE:
CEREAL
+ PLANT-BASED
MILK

ENERGY LEVELS

MENTAL CLARITY

CRAVINGS

MOOD

HOW MY BODY FEELS

DIGESTION



DAY 2
**BEFORE-
BREAKFAST**
DRINK:
MORNING RITUAL
BREAKFAST
TYPE:
FRUIT SMOOTHIE
+ COLLAGEN

ENERGY LEVELS

MENTAL CLARITY

CRAVINGS

MOOD

HOW MY BODY FEELS

DIGESTION



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DAY 3
**BEFORE-
BREAKFAST
DRINK:**
MORNING RITUAL
**BREAKFAST
TYPE:**
VEGGIE
SMOOTHIE

	ENERGY LEVELS
	MENTAL CLARITY
	CRAVINGS
	MOOD
	HOW MY BODY FEELS
	DIGESTION



DAY 4
**BEFORE-
BREAKFAST
DRINK:**
MORNING RITUAL
**BREAKFAST
TYPE:**
INTERMITTENT
FASTING (IF)
FOR AT LEAST
16-18 HRS

	ENERGY LEVELS
	MENTAL CLARITY
	CRAVINGS
	MOOD
	HOW MY BODY FEELS
	DIGESTION



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DAY 5
BEFORE-
BREAKFAST
DRINK:
MORNING RITUAL
BREAKFAST
TYPE:
PROTEIN, FAT,
FIBER (PFF)
BREAKFAST

	ENERGY LEVELS
	MENTAL CLARITY
	CRAVINGS
	MOOD
	HOW MY BODY FEELS
	DIGESTION



Tip:
Stick to low sugar
fruits +
grain-free/dairy-
free ingredients

Notes:

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