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In Fitness & In Health  
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**Day 1:** \_\_\_\_\_

One Meal \_\_\_\_\_

One Food \_\_\_\_\_

One Sensation \_\_\_\_\_

**Day 2:** \_\_\_\_\_

One Meal \_\_\_\_\_

One Food \_\_\_\_\_

One Sensation \_\_\_\_\_

**Day 3:** \_\_\_\_\_

One Meal \_\_\_\_\_

One Food \_\_\_\_\_

One Sensation \_\_\_\_\_

Keep in mind the sensations will most likely be difficult to feel in the beginning. Here are a few sensations to get you started:

- Satisfied
- Peaceful
- Nourished
- Not shaky
- Steady
- Calm
- Just right
- No sensation is also an awareness showing that you took the time to check in.