

Here is a very, very long list of the Whole30 benefits you may have experienced. (And we're sure you'll find a few that aren't detailed here!) We call these "non-scale victories"—in fact, that phrase even has its own hashtag (#NSV) on social media, because we believe it's so critical to evaluating your Whole30 results. So take a moment (before you get on that scale) to check off everything you've noticed in the last thirty days. Be generous here—you worked hard, and you deserve to be proud of what you've accomplished!

PHYSICAL (INSIDE)

- | | | |
|--|--|---|
| <input type="checkbox"/> Healthier gums | <input type="checkbox"/> Less bloating | <input type="checkbox"/> Less shoulder/back/knee pain |
| <input type="checkbox"/> Less stiff joints | <input type="checkbox"/> Improved "regularity" | <input type="checkbox"/> Improved blood pressure |
| <input type="checkbox"/> Less painful joints | <input type="checkbox"/> You don't get sick as often | <input type="checkbox"/> Improved cholesterol numbers |
| <input type="checkbox"/> Fewer PMS symptoms | <input type="checkbox"/> Fewer seasonal allergies | <input type="checkbox"/> Improved circulation |
| <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer migraines | <input type="checkbox"/> Improved blood sugar regulation |
| <input type="checkbox"/> Increased libido | <input type="checkbox"/> Fewer asthma attacks | <input type="checkbox"/> Improved medical symptoms |
| <input type="checkbox"/> Less stomach pain | <input type="checkbox"/> Less acid reflux | <input type="checkbox"/> Reduced or eliminated medications |
| <input type="checkbox"/> Less diarrhea | <input type="checkbox"/> Less heartburn | <input type="checkbox"/> Recovering faster from injury or illness |
| <input type="checkbox"/> Less constipation | <input type="checkbox"/> Less chronic pain | |
| <input type="checkbox"/> Less gas | <input type="checkbox"/> Less tendonitis/bursitis | |

PHYSICAL (OUTSIDE)

- | | | |
|---|--|--|
| <input type="checkbox"/> Glowing skin | <input type="checkbox"/> Fresher breath | <input type="checkbox"/> Less joint swelling |
| <input type="checkbox"/> Improvement in rashes or patches | <input type="checkbox"/> Whiter teeth | <input type="checkbox"/> Feeling more confident in your appearance |
| <input type="checkbox"/> Longer, stronger nails | <input type="checkbox"/> Wedding ring fitting better | <input type="checkbox"/> Clothes fit more comfortably |
| <input type="checkbox"/> Stronger, thicker hair | <input type="checkbox"/> Less bloating | <input type="checkbox"/> Smiling more |
| <input type="checkbox"/> Brighter eyes | <input type="checkbox"/> More defined muscle tone | |

MOOD & EMOTION

- | | | |
|---|--|---|
| <input type="checkbox"/> You're happier | <input type="checkbox"/> You're less stressed | <input type="checkbox"/> Improved mental health |
| <input type="checkbox"/> You're more outgoing | <input type="checkbox"/> You handle stress better | <input type="checkbox"/> Fewer sugar cravings |
| <input type="checkbox"/> You're more patient | <input type="checkbox"/> Fewer mood swings | <input type="checkbox"/> Fewer carb cravings |
| <input type="checkbox"/> You're more playful | <input type="checkbox"/> Improved behavior (kids) | <input type="checkbox"/> Improved body image |
| <input type="checkbox"/> You're more optimistic | <input type="checkbox"/> Fewer tantrums (kids) | <input type="checkbox"/> Improved self-esteem |
| <input type="checkbox"/> You laugh more | <input type="checkbox"/> Fewer symptoms of anxiety and/or depression | <input type="checkbox"/> Improved self-confidence |
| <input type="checkbox"/> You're less anxious | <input type="checkbox"/> Feeling empowered in your food choices | |

FOOD & BEHAVIORS

- | | | |
|---|---|---|
| <input type="checkbox"/> Healthier relationship with food | <input type="checkbox"/> No longer afraid of dietary fat | <input type="checkbox"/> Can identify cravings vs. hunger |
| <input type="checkbox"/> Practicing mindful eating | <input type="checkbox"/> Learned how to cook | <input type="checkbox"/> Fewer cravings |
| <input type="checkbox"/> Learned how to read a label | <input type="checkbox"/> No longer use food for comfort | <input type="checkbox"/> Healthy strategies to deal with cravings |
| <input type="checkbox"/> Eats to satiety | <input type="checkbox"/> No longer use food as reward | <input type="checkbox"/> No more food guilt or shame |
| <input type="checkbox"/> Listens to your body | <input type="checkbox"/> No longer use food as punishment | <input type="checkbox"/> Tamed your Sugar Dragon |
| <input type="checkbox"/> Abandoned yo-yo or crash dieting | <input type="checkbox"/> No longer use food as love | <input type="checkbox"/> Eating more nutrient-dense foods |

BRAIN FUNCTION

- Improved attention span
- Improved performance at job or school
- Improved memory
- Faster reaction times
- Less hyperactivity
- You think more clearly
- You feel generally more productive

SLEEP

- You're sleeping more
- You fall asleep more easily
- You sleep more soundly
- You no longer need a sleep aid
- No more "snooze" button
- You awaken feeling refreshed
- Less snoring
- Less night sweats
- More consistent and uninterrupted sleep cycles
- Fewer night cramps

ENERGY

- Energy levels are higher
- Energy levels are more even
- More energy in the morning
- No more mid-day energy slump
- More energy to play with your kids
- More energy to exercise
- More energy to socialize
- More energy at work or school
- Missed meals no longer make you hangry
- You no longer get cranky if you don't eat
- You feel energetic between meals
- You need less sugar or caffeine

SPORT, EXERCISE & PLAY

- | | | |
|---|---|--|
| <input type="checkbox"/> You started moving or exercising | <input type="checkbox"/> You can lift heavier things | <input type="checkbox"/> You play more with your kids or dog |
| <input type="checkbox"/> You became more consistent with exercise | <input type="checkbox"/> You hit new "personal bests" | <input type="checkbox"/> You're more coordinated |
| <input type="checkbox"/> You can exercise longer, harder, or faster | <input type="checkbox"/> You recover more effectively | <input type="checkbox"/> Your balance is better |
| <input type="checkbox"/> You feel more athletic | <input type="checkbox"/> You're trying new activities | <input type="checkbox"/> You're outside more |

LIFESTYLE & SOCIAL

- | | |
|--|---|
| <input type="checkbox"/> New healthy habits to teach your kids | <input type="checkbox"/> Maximize your food budget |
| <input type="checkbox"/> More knowledgeable about nutrition | <input type="checkbox"/> Spend less time and money at the doctor's office |
| <input type="checkbox"/> Shop locally and eat seasonally | <input type="checkbox"/> You've created other health goals |
| <input type="checkbox"/> New cooking skills | <input type="checkbox"/> Healthy eating habits have brought your family closer |
| <input type="checkbox"/> New recipes | <input type="checkbox"/> You've joined a new community |
| <input type="checkbox"/> Meal prep is organized and efficient | <input type="checkbox"/> People ask you what you're doing differently |
| <input type="checkbox"/> Made new like-minded friends who support your lifestyle | <input type="checkbox"/> People come to you for health, food, or lifestyle advice |

YOU ARE
WHOLE30[®]