

# Robin's 15-Day Hormone Reset

## Workbook Guided Practice 2



Robin Nielsen





# Hormone Reset

## Guided Practice 2

### Food + Nourish

*“When your thoughts are chronically good-feeling – your physical body will thrive.”*  
*Esther Hicks*

❖ My New Health Story:

❖ Robin’s FOUR Eating Rules for Hormone Balance:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

❖ Foods that I will focus on are:

\_\_\_\_\_



❖ Foods that I am going to avoid for the rest of the program (I PROMISE!) are:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

❖ Important food swaps that I will make:

\_\_\_\_\_ for \_\_\_\_\_

\_\_\_\_\_ for \_\_\_\_\_

\_\_\_\_\_ for \_\_\_\_\_

\_\_\_\_\_ for \_\_\_\_\_

❖ Action Steps - I am excited!:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Notes: