



STEP BY STEP

TRANSITION GUIDE

Journal
&
Workbook

STEP BY STEP

TRANSITION GUIDE

Journal & Workbook

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www.AlkalineLifestyle.com

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Getting Started

Goal setting provides a focus for your transition to the Alkaline Lifestyle. Take a moment now to think through your goals.

Choose a big goal to reach for – make it attainable, yet big enough so that you will celebrate your accomplishments when you reach it.

Examples of big goals include:

- Lose 20 pounds
- Run a mile without stopping
- Attain an overall alkaline state
- Wake up feeling happy

Write your big goal ideas below:

Now transform your big goal into a statement of intention. Pick the goal that appeals to you the most. Write it in the statement, below.

I am committed to _____

(and write in your big goal)

Now think about your reasons for choosing this goal. Why is this goal important to you? Reflect and write down your thoughts below.

Now think about how you will feel when you attain this goal. What emotions come to mind? Take an imaginary trip and imagine how it will feel to run a mile without losing your breath, how it will feel to be able to play with your children without getting winded or how it will feel to be at your goal weight.

What steps do you think you will need to take to achieve this goal? Write them down below. For example, to lose 10 pounds, you will need to focus on healthy alkaline eating. To run a mile without losing your breath you will need to begin an exercise program. Other steps may be to contact one of the professionals on the Alkaline Lifestyle website and seek information; read and complete the steps and exercises in this workbook; purchase alkaline foods and supplements; and more.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What will you do to celebrate your success once you achieve your goal?

1. _____

2. _____

3. _____

Write out your goal on this page. Print it out and hang it where you can see it every day!

I, _____ am committed
to achieving my goal of _____

Each day, I will _____

_____, and _____

to achieve my goal.

When I have achieved my goal, I will celebrate by

I have the power to choose daily actions that lead to success. With every day, I am closer to my goal!

My Starting Point

List your information here. We'll check this information each week, and you can record progress in your journal.

Today's date: _____

My height: _____

My current weight: _____

My BMI: _____





My pH today: _____

The optimal range is 6.8 to 7.2. _____

BMI CHART

Weight in Pounds

	120	130	140	150	160	170	180	190	200	210	220	230	240	250
46"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
48"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

-  Underweight
-  Healthy Weight
-  Overweight
-  Obese



Step One: Starter Steps

Step 1 consists of several 'starter steps' to get you started on the Alkaline Lifestyle.

The first exercise is determine your current pH status and record it on the **My Starting Point** page (page 12)

How do you feel about your starting point?

Record Your Food

One way to pinpoint the most acidic foods you are currently eating – and the first you should eliminate from your diet – is to log your daily food intake. Use this page to record your food for at least one day but preferable over three or more days. Make as many copies of these pages as you need.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

Any special events happening today that might affect my food choices such as a party, dinner out with friends, or business lunch? _____

How much water did I drink? What type of water did I drink? _____

Do I drink coffee, tea, alcohol or soft drinks? How much?

Choosing Alkaline Foods

Compare your daily food intake to the **Acid and Alkaline Food Chart** on pages 20 & 21.

(Chart prepared by Dr. Russell Jaffe, Fellow, Health Studies Collegium.)

Grab two different colored pens or pencils. Put a check mark in one color to indicate foods on your daily intake that are ACID and a check mark in a different color next to foods that are ALKALINE.

Add up all the check marks: _____

Add up the ACID colored checkmarks: _____

Subtract the ACID marks from the total. This is your ALKALINE INTAKE. _____

Ideally, 80% of your daily foods should be ALKALINE and the remaining 20% may be Acidic.

How does your typical day stack up now?

What changes can you make to push the balance more towards alkaline?

Alkaline & Acid Food Chart

Food Category	Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline
Spice/Herb	Baking Soda	Spices/Cinnamon Valerian Licorice •Black Cohash Agave	•Herbs (most): Arnica, Bergamot, Echinacea Chrysanthemum, Ephedra, Feverfew, Goldenseal, Lemon- grass, Aloe Vera, Nettle, Angelica	White Willow Bard Slippery Elm Artemisia Annua
Preservative Beverage Sweetner Vinegar	Sea Salt Mineral Water	•Kambucha Molasses Soy Sauce	•Green or Mu Tea Rice Syrup Apple Cider Vinegar	<i>Sulfite</i> Ginger Tea •Sucanat •Umeboshi Vinegar
Therapeutic	•Umeboshi Plum		•Sake	•Algae, Blue Green
Processed Dairy Cow/Human Soy Goat/Sheep				•Ghee (Clarified Butter) Human Breast Milk
Egg			•Quail Egg	•Duck Egg
Meat Game Fish/Shell Fish				
Fowl				
Grain Cereal Grass				Oat "Grain Coffee" •Quinoa, Wild Rice, •Amaranth, Japonica Rice
Nut Seed/Sprout Oil	Pumpkin Seed	Poppy Seed, Cashew, Chestnut, Pepper	Primrose Oil, Sesame Seed, Cod Liver Oil, Almond, •Sprout	Avocado Oil, Seeds (most), Coconut Oil, Olive/Macadamia Oil, Linseed/Flax Oil
Bean Vegetable Legume Pulse Root	Lentil, Broccoli, •Seaweed, Onion/ Miso, •Daikon/ Taro Root, Sea Vegetables (other) Dandelion Greens, •Burdock/•Lotus Root, Sweet Potato/Yam	Kohirabi, Parsnip/Taro, Garlic, Asparagus, Kale/Parsley, Endive/Arugula, Mustard Greens, Jerusalem Artichoke, Ginger Root, Broccoli	Potato/Bell Pepper, Mushroom/Fungi, Cauliflower, Cabbage, Rutabaga, •Salsify/Ginseng, Eggplant, Pumpkin, Collard Greens	Brussel Sprout, Beet, Chive/Cilantro, Celery/Scalio, Okra/Cucumber, Turnip Greens, Squash, Artichoke, Lettuce, Jicama
Citrus Fruit Fruit	Lime, Nectarine, Persimmon, Rasp- berry, Watermelon, Tangerine, Pineapple	Grapefruit, Cante- loupe, Honeydew, Cit- rus, Olive, •Dewberry, Loganberry, Mango	Lemon, Pear, Avocado, Apple, Blackberry, Cherry, Peach, Papaya, Acai Berry, Goji Berry	Orange, Apricot, Banana, Blueberry, Pineapple Juice, Raisin, Currant, Grape, Strawberry

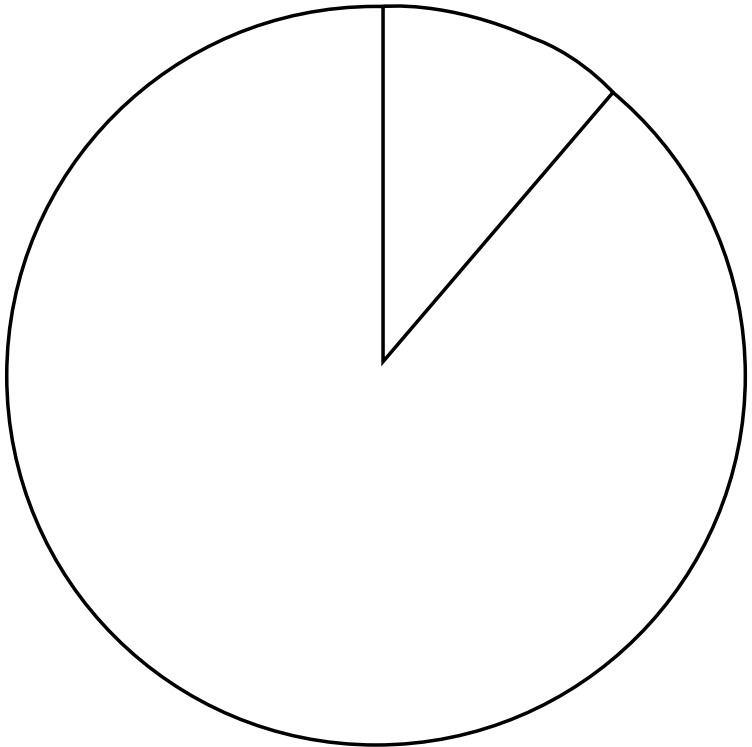
Alkaline & Acid Food Chart

Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
Spice/Herb	Curry	Vanilla, Stevia	Nutmeg	Pudding/Jam/Jelly
Preservative Beverage	<i>MSG</i> Kona Coffee	<i>Benzoate</i> <i>Alcohol</i> , Black Tea	<i>Aspartame</i> <i>Coffee</i>	<i>Table Salt (NaCl)</i> <i>Beer, 'Soda'</i> Yeast/Hops/Malt
Sweetner Vinegar	Honey/Maple Syrup Rice Vinegar	Balsalmic Vinegar	<i>Saccharin</i> Red Wine Vinegar	Sugar/Cocoa White/Acetic Vinegar
Therapeutic		Antihistamines	Psychotropics	Antibiotics
Processed Dairy Cow/Human Soy Goat/Sheep	Cream/Butter Yogurt Goat/Sheep Cheese	Cow Milk Aged Cheese Soy Cheese Goat Milk	•Casein, Milk Protein, Cottage Cheese Soy Milk	Processed Cheese Ice Cream
Egg	Chicken Egg			
Meat Game Fish/Shell Fish	Gelatin/Organs •Venison Fish	Lamb/Mutton Boar/Elk/•Game Meat Mullusks Shell Fish (Whole)	Pork/Veal Bear •Mussel/ Squid	Beef Shell Fish (Processed) •Lobster
Fowl	Wild Duck	Goose/Turkey	Chicken	Pheasant
Grain Cereal Grass	•Triticale, Millet, Kasha, Brown Rice	Buckwheat, Wheat, Spelt/Teff/Kamut Farina/Semolina White Rice	Maize, Barley Groat Corn Rye Oat Bran	Barley Processed Flour
Nut Seed/Sprout Oil	Pumpkin Seed Oil Grape Seed Oil Sunflower Oil, Pine Nut, Canola Oil	Almond Oil, Sesame Oil, Safflower Oil, Tapioca, •Seitan or Tofu	Pistachio Seed Chestnut Oil, <i>Lard</i> , Pecan, Palm Kernel Oil	Cottonseed Oil/Meal Hazelnut, Walnut, Brazil Nut <i>Fried Food</i>
Bean Vegetable Legume Pulse Root	Spinach, Fava Bean, Kidney Bean, Black-eyed Pea, String/Wax Beach, Zucchini, Chutney, Rhubarb	Split Pea, Pinto Bean, White Bean, Navy/ Red Bean, Aduki Bean, Lima or Mung Bean, Chard	Green Pea, Peanut, Snow Pea, Legumes (other), Car- rot, ChickPea/ Garbanzo	Soybean Carob
Citrus Fruit Fruit	Coconut, Guava, Pickled Fruit, Dry Fruit, Fig, Persimmon Juice, Cherimoya, Date	Plum Prune Tomato	Cranberry Pomegranate	

Italicized items are NOT recommended

The 80/20 Fill Your Plate Graph

Ideally, your food intake should be at least 80% alkaline and 20% acidic.



On the plate graphic on your left, write the names of foods in the 80% area from the ALKALINE section of the food chart that appeal to you. Write as many as you can fit.

In the 20% section, choose a handful of foods that you feel you just can't give up right now.

Use this as your guideline to choosing menus, recipes and more.

Reflections

What did you learn this week on the Alkaline Lifestyle?

How are you feeling about your healthy transformation?

What changes are you making this week?

Do you have any questions? Write them below, then go to **www.alkalinelifestyle.com** and ask the experts.

Action Steps

Suggested Step 1 Action Steps

1. Complete the food log for at least 1 but preferably several days.
2. Identify current Acid and Alkaline Foods.
3. Create a list of enticing Alkaline foods from the food list
4. Begin weaning yourself off of coffee, tea, alcohol, sugar, artificial sweeteners (if necessary).
5. Write down your questions.
6. Ask the nutrition and fitness experts on our website your questions.

This week, I will:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Weekly Check In

Today's date: _____

My height: _____

My current weight: _____

My BMI: _____

My pH today: _____

The optimal range is 6.8 to 7.2. _____





Step Two: Fuel to Start Your Day: Breakfast

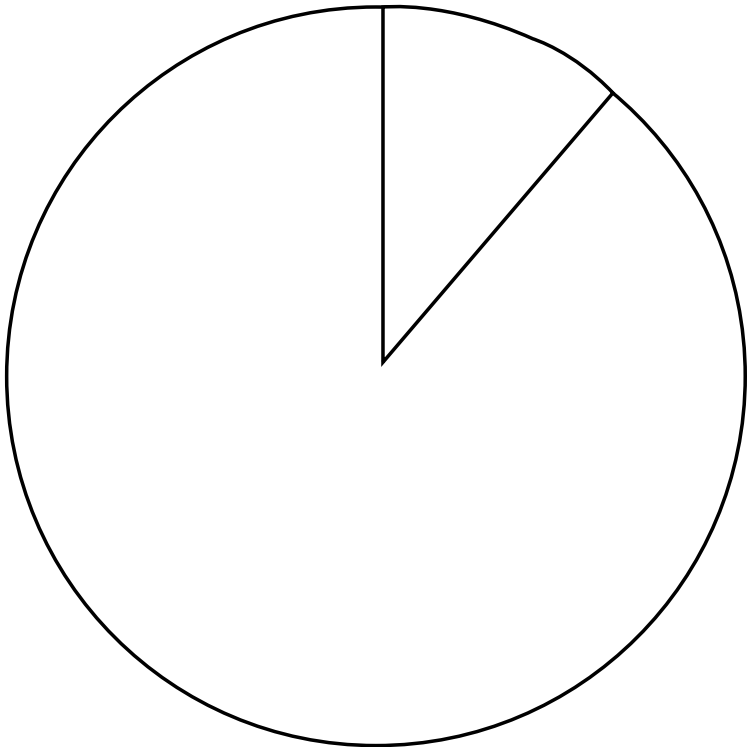
Please read Step 2 in the Step by Step book before completing these exercises.

What do you normally eat for breakfast?

How do you feel afterwards?

Why is it important for you to eat in accordance with nature's phases?

Here's your plate at breakfast. Using the Acid and Alkaline Food chart, write in potential breakfast foods that are Alkaline on the 80% portion of the circle. You can fill your whole plate with Alkaline foods if you wish.



Review the Menu sent to you each week and the Recipes in the accompanying book and online.

List 7 Breakfast Recipes here that appeal to you. Make sure you note where to find them!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Now PRINT THEM OUT and staple them together to form one week of Breakfast Choices.

That's your personal Breakfast Book for the Alkaline Lifestyle!

Reflections

What did you learn this week on the Alkaline Lifestyle?

How are you feeling about your healthy transformation?

What changes are you making this week?

Do you have any questions? Write them below, then go to **www.alkalinelifestyle.com** and ask the experts.

Action Steps

This week, I will take the following action steps to incorporate the Alkaline Lifestyle information into my daily routine:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Weekly Check In

Today's date: _____

My height: _____

My current weight: _____

My BMI: _____

My pH today: _____

The optimal range is 6.8 to 7.2. _____



Step Three:

Alkalizing on the Go: Lunch

Look back at your food log in Step 1.

List your typical lunches on work days:

List your typical lunches on week days:

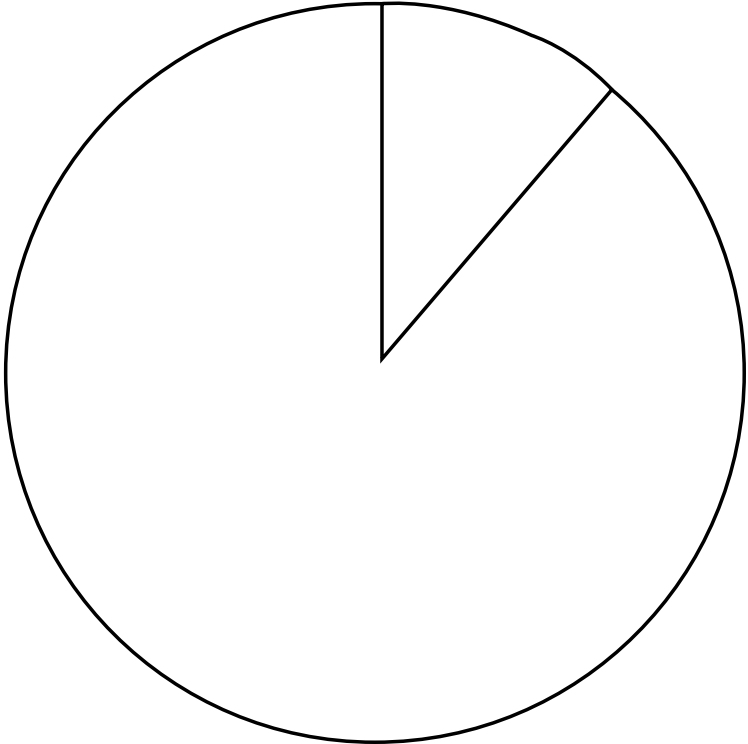
Compare these to the Acid and Alkaline food chart. How do they stack up? Are they acidic overall, or alkaline?

What challenges do you face as you choose Alkaline lunches? Some common challenges are difficulty finding healthy alkaline foods, pressure from friends/coworkers/family to eat what they're eating, etc.

What can you say if pressed to eat off your plan?

What action steps can you take to ensure you have alkaline food choices at lunch?

Using the Acid and Alkaline Food chart, write in potential lunch foods that are Alkaline on the 80% portion of the circle. You can fill your whole plate with Alkaline foods if you wish.



Review the Menu sent to you each week and the Recipes in the accompanying book and online.

List 7 Lunch Recipes here that appeal to you. Make sure you note where to find them!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Now review your Lunch choices. Which ones are best for alkalizing on the go? Can you carry these to work?

List 3 below.

1. _____
2. _____
3. _____

Now PRINT each recipe and staple them together. You should have a booklet with 10 possible ALKALINE Lunch Choices. This is your personal guide.

Reflections

What did you learn this week on the Alkaline Lifestyle?

How are you feeling about your healthy transformation?

What changes are you making this week?

Do you have any questions? Write them below, then go to **www.alkalinelifestyle.com** and ask the experts.

Action Steps

This week, I will take the following action steps to incorporate the Alkaline Lifestyle information into my daily routine:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



Weekly Check In

Today's date: _____

My height: _____

My current weight: _____

My BMI: _____

My pH today: _____

The optimal range is 6.8 to 7.2. _____



Step Four:

End the Day Alkaline: Alkaline Snacks & Dinners

Dinner may be the trickiest meal of the day to eat alkaline if you are preparing meals for the entire family. You may need to transition the family gradually into an alkaline meal plan.

Single people may skip this section and go to the pages on choosing and recording Dinner selections. The term “family” is used here to denote all people living in the household – partners, spouses, children and anyone who joins together to form your household.

Do you sit down together as a family to share a meal?

What are typical family dinners like at your home?

Do you have at least a half hour of time to prepare a meal?

If not – why not?

Can you adjust your schedule at all or ask for help with meal preparations or other tasks to make time to prepare a meal?

What foods do the other people in your home love? Are these foods that you can include in dinner, keeping in mind that the average of your meals for the day should be 80% alkaline and 20% acidic?

If you have young children in your home, as you look at the Acid-Alkaline Food Chart, what Alkaline Foods on the chart do your children eat now?

If none, can you begin introducing a few to them each week without making a big fuss over it? Can you make it fun, an adventure?

If your spouse or partner doesn't want to participate in the Alkaline Lifestyle, can you set aside a shelf for "their" food and mentally make it "off limits?"

If you try this – does it set you up for craving the food or are you okay with it?

If you end up craving the food, what strategies can you take to shake off the cravings?

Snack Strategy

It's important to keep your body fueled throughout the day. Snacks can be a healthy lifestyle choice if you select alkaline-based snacks and keep portion sizes reasonable.

Look at the Acid-Alkaline Food Chart. List 10 alkaline-rich snacks on the next page:

Some ideas of alkaline-rich snacks include:

- Green smoothies
- Kale chips
- Pumpkin seeds, roasted, toasted or spicy
- Vegetable sticks and dip
- Grapefruit slices
- Raw almonds

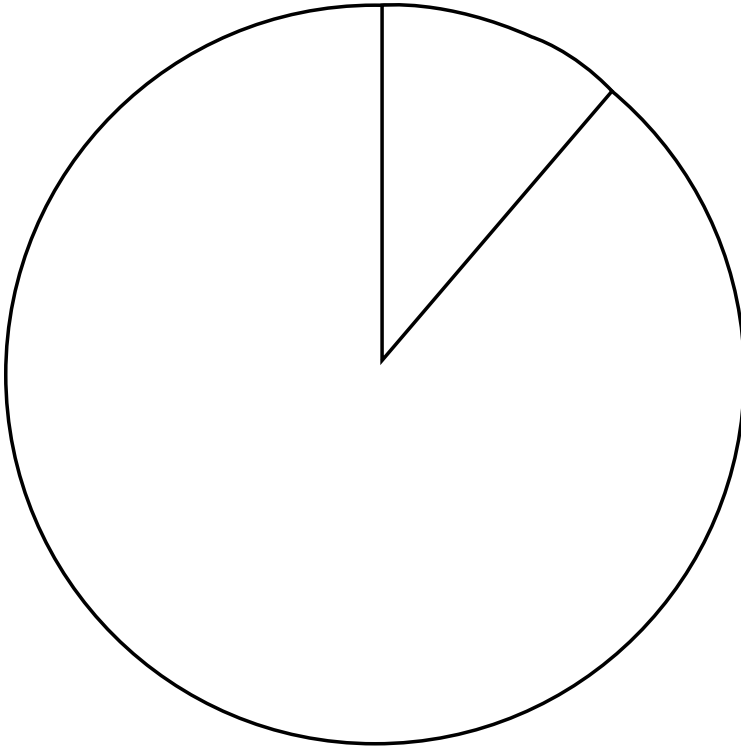


1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Which ones are portable?

Review the Recipes online and in the book and find a few snack ideas.

Using the Acid and Alkaline Food chart, write in potential dinner meals that are Alkaline on the 80% portion of the circle. You can fill your whole plate with Alkaline foods if you wish.



Review the Menu sent to you each week and the Recipes in the accompanying book and online.

List 7 Dinner Recipes here that appeal to you. Make sure you note where to find them!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Now review your Dinner choices. Which ones are best for alkalizing on the go? Can you carry these to work?

List 3 below.

1. _____
2. _____
3. _____

Now PRINT each recipe and staple them together. You should have a booklet with 10 possible ALKALINE Dinner Choices. This is your personal guide.

Reflections

What did you learn this week on the Alkaline Lifestyle?

How are you feeling about your healthy transformation?

What changes are you making this week?

Do you have any questions? Write them below, then go to **www.alkalinelifestyle.com** and ask the experts.

Action Steps

This week, I will take the following action steps to incorporate the Alkaline Lifestyle information into my daily routine:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____



Weekly Check In

Today's date: _____

My height: _____

My current weight: _____

My BMI: _____

My pH today: _____

The optimal range is 6.8 to 7.2. _____



Step Five: Ease Into Exercise

In Step 5, you will incorporate healthy aerobic activity into your lifestyle. Be sure to check with your health care provider if you have any disabilities, diseases or medical conditions. He or she will advise you on the best way to incorporate exercise into your life.

The Alkaline Lifestyle website also provides access to a certified fitness trainer who will help you develop a fitness program that fits your lifestyle and current fitness level. Do use all of the resources available to you. We care about your success!

Do you exercise now?

Why or why not?

What is stopping you from exercising more?

What can you do to fit exercise into your day?

On a scale of 1 to 10, with 1 being “I do not like this at all” and 10 being “I love it!”, assign a number to each of the following:

- Structured exercise activities, such as lessons or classes? _____
- Time spent outdoors to exercise, such as walking, hiking, etc? _____
- Competition – games, sports, team sports? _____
- The social atmosphere of a gym? _____

See any high numbers or 10's anywhere? Focus on areas you like.

List any exercises you can think of that fit any of the statements for which you assigned a 5 or higher:

What do you need to start any of these? Do you need equipment, special clothing, a gym membership?

What steps can you take to obtain whatever it is you need to do the exercise you've selected?

My Exercise Log

You can print this page out and use it daily or weekly to track your exercise progress.

Exercise: _____

Time Spent: _____

Miles (if applicable): _____

How did you feel before exercising?

How do you feel afterwards?



Reflections

What did you learn this week on the Alkaline Lifestyle?

How are you feeling about your healthy transformation?

What changes are you making this week?

Do you have any questions? Write them below, then go to **www.alkalinelifestyle.com** and ask the experts.

Action Steps

This week, I will take the following action steps to incorporate the Alkaline Lifestyle information into my daily routine:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Weekly Check In

Today's date: _____

My height: _____

My current weight: _____

My BMI: _____

My pH today: _____

The optimal range is 6.8 to 7.2. _____



Step Six:

Detoxification and the Importance of Water

Detoxification helps your body shed the accumulated toxins that an acidic condition encourages the body to store. Simple detoxification methods can be used at home. Ionized alkaline mineral water aids detoxification, overall alkalinity, and health.

Are you overweight? If so, your body may have stored toxins in the fat tissues. How do you feel about this?

Can you participate in a juice fast?

What steps can you take for detoxification?

How much water do you drink each day?

How can you increase your water intake if you need to?

Have you had your water tested? If so – what were the results?

Can you invest in either a water filtration system or an ionized alkaline water machine?



Reflections

What did you learn this week on the Alkaline Lifestyle?

How are you feeling about your healthy transformation?

What changes are you making this week?

Do you have any questions? Write them below, then go to **www.alkalinelifestyle.com** and ask the experts.

Action Steps

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Weekly Check In

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Step Seven: Mind and Spirit

The Alkaline Lifestyle includes methods of creating a positive, peaceful mindset. This includes positive thinking and methods to connect with creativity. The Mind and Spirit book will include more exercises and ideas on this topic, but this section of the Journal and Workbook will get you started.

Do you consider yourself an optimist or a pessimist?

Do you recognize your internal chatter, the monologue that runs through your head? Sometimes it goes by so quickly that it's tough to identify. If you can hear it, what's the general tone – negative, critical, positive?

Everyone has negative, critical and judgmental thoughts from time to time. How can you transform them?

Affirmations are positive statements you repeat to yourself to reprogram your internal 'tape' so that it 'plays' positive messages. Louise Hay, one of the foremost thinkers in positive affirmations, says that the two most important ones are –

I love myself.

I approve of myself.

Can you imagine yourself saying those statements? Try repeating them silently to yourself.

Affirmations are positive statements written in the present tense. You can create your own affirmations based on the goals that you set for yourself at the start of this Journal and Workbook.

Write several affirmation statements here:

An example:

- I now weight 150 pounds.
- I can run a mile without stopping.
- I love my body
- I love eating healthy, alkaline foods.
- I am healthy.
- I will only think positive thoughts.

Another important aspect of the Alkaline Lifestyle is connecting to your spiritual side. Many people find that nature helps them do this.

Do you enjoy time in nature?

List your favorite places in nature to visit, such as the beach, the mountains, etc:

Can you include more time in these places in your life?

Search for 3 pictures of natural places that appeal to you.
Print them and keep them at your desk or work space.



Another important aspect of the Alkaline Lifestyle is embracing your spiritual side through creativity. Creativity is not limited to the typical arts we think of such as drawing or painting. It may include....

- Cooking
- Fashion
- Painting
- Drawing
- Sculpting
- Knitting and needlecrafts
- Miniatures
- Dance
- Listening to music
- Playing a musical instrument
- Creative writing
- Crafts of all kinds
- Creating Balloon characters for children
- Model building
- Games
- Gardening
- Fish keeping
- Singing
- Collecting
- Playing with pets

Do you enjoy anything on the list on the previous page?

Do any of these ideas appeal to you?

How can you include more creative play in your life?

Reflections

What did you learn this week on the Alkaline Lifestyle?

How are you feeling about your healthy transformation?

What changes are you making this week?

Do you have any questions? Write them below, then go to **www.alkalinelifestyle.com** and ask the experts.

Action Steps

This week, I will take the following action steps to incorporate the Alkaline Lifestyle information into my daily routine:

1. _____

2. _____

3. _____

4. _____

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6. _____

7. _____

8. _____

Weekly Check In

Today's date: _____

My height: _____

My current weight: _____

My BMI: _____

My pH today: _____

The optimal range is 6.8 to 7.2. _____





Step Eight: Making Positive Changes Lasting Changes

You now have the basics of the Alkaline Lifestyle, presented Step by Step.

You know the foods to eat, the water to drink, the importance of exercise and detoxification. You understand the mind-spirit connection to the Alkaline Lifestyle.

How will you put it all together? Let's make a weekly Action Plan.

1. Pick one day of the week where you can spend a little bit of time planning and thinking. You don't need a lot of time. A few minutes will do.
2. Choose a small, simple goal for the week, such as increasing your intake of alkaline foods, remembering to take your supplements, increasing your exercise time or making room for creative play and meditation.
3. What steps do you need to take to achieve your goal? List them.
4. Look at your schedule for the week's activities. Are there any days when you will be eating out? Plan now for alkalizing on the go.
5. Write down your meal plan for the week – at least dinners. Make your shopping list now.
6. Write your exercise schedule down. If you place it on your calendar, you are more likely to stick with it.

Weekly Action Plan Template

Print as many of these pages off as you like for your personal use.

Week: (dates) _____

Special Events – Activities This Week:

Exercise Days and Activities:

My Weekly Goal is to:

I will take the following steps to achieve this goal:

Here are the alkaline meals I've chosen for this week:

CHECK IN – CELEBRATE SUCCESS

Look back at the very first list of goals you created at the start of this workbook.

How did you do?

How are you feeling about your progress?

What else would you like to achieve?

What questions do you have that we can answer for you?

What can you do to celebrate your success?



Journal and Workbook: Step by Step Transition Guide to the Alkaline Lifestyle
By the Editors, Staff, and Experts at AlkalineLifestyle.com

Published by Alkaline People Publishing
6352 Corte Del Abeto, Suite H
Carlsbad, CA 92011
888.800.0459
www.AlkalinePeoplePublishing.com

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Printed in the United States
1st Printing January 2011

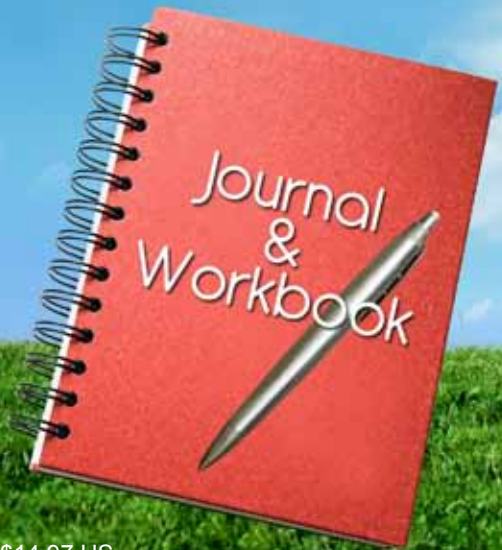
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Track your journey through the Alkaline Lifestyle using this handy Step by Step Journal and Workbook. Use it in conjunction with the Step by Step Transition Guide, focusing on a different topic each week to achieve the healthy lifestyle you desire. It's your faithful companion in the alkaline journey to mark your transition from what you were to what you wish to become.



ISBN: 978-1-937343-04-0



9 781937 343040

\$14.97 US