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Functional Nutrition & Wellness

Well Nourished 5 Daily Prompter

Daily Well Nourished Check-In
(use in the moments throughout your day)

Mindful Check-In:

- Am I physically hungry?
- What is my true need in this moment?
- Can I give that to myself right now?

5 Steps to Mindful Eating and Living
(use daily, weekly, monthly, anytime)

Awareness

- Do a Mindful Check in to assess your true level of physical hunger
- Notice your thoughts, feelings, physical sensations
- Discern your true need

Use Your Intentions:

Overall: _____
For this body: _____
New Intention (optional)

Intention

- Call in overall intention to stay on track
- Call in "body: intention for that need
- Set up a new situational intention (optional)

Nourish Yourself:

- Choose Skills and Tools to help you
- Make a plan with a SPRIGS if it's helpful
- Nourish the body that is in need

Skills and Tools (mindful breathing, nourishing activity, SPRIGS)

Choose Outer Support as needed (check in buddy, SPRIGS)

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**S: Specific,
P: Positive,
R: Realistic,
I: Inspiring,
G: Grounded In Time To Allow You To:
S: Set Your Next Steps**

Choose Inner Resources as needed:
Self-compassion, lovingkindness,
meditation

**Inner Resources (Self-compassion,
lovingkindness, meditation)**