

Your AWE-some Challenge Journal



Doctor Niti
Feel Better, Look Younger, Love Your Life



Your AWE-some Challenge Journal

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Introduction

South Beach, Atkins, Zone, Low Carb, Low Fat, vegetarian or vegan, there are so many diets, myths and rumors out there, it can be hard to know whom to trust, let alone follow.

Unfortunately, these types of extreme diets, besides being difficult to follow, are usually not sustainable for a long-term lifestyle, which is why so many of us take part in “yo-yo” dieting – swinging back and forth from one diet to another and never achieving the results we desire, at least not for long.

Let me be very honest with you. I love ice cream, and I enjoy dessert and pizza. I admit sheepishly that I have a sweet tooth. Would that change your opinion of me as a nutrition and health expert?

It wasn't until I went to a lecture about holistic health, and put myself on a special diet in 2008, that I changed my relationship with food ... and my whole life changed with it. I discovered that the foods we eat and our relationships them are the cause of many of the dis-eases we face.

Since that time, I've been certified by The American Board of Integrative Holistic Medicine (ABIHM) in 2009, started studying Functional Medicine in 2015, and have obtained The American Board of Integrative Medicine (ABOIM) certification in 2017.

I say all of this because I want you to understand that your health is the greatest wealth and asset you possess in this life.

This is why I designed “The AWE-some Program” in 2016 to assist my patients to shift from old, unhealthy behaviors to the healthier ones, and the outcome has been phenomenal.

You can read more about “The AWE-some Program” in my book Project L.O.V.E. (Lifestyle Optimization Victoriously Established).

Suffice it to say, I am a strong advocate for a simple, balanced diet.

The key to success is to incrementally adjust your lifestyle in such a way that you don't feel the "burn", so that you feel great, and at the same time form "holistic health habits" that are easy to keep on maintaining and sustaining.

Simply adjust your lifestyle incrementally, comfortably, and gently, until you are used to it. Research shows it takes about 66 days to form new habits and achieve lasting results, which is why this journal covers 10 weeks.

And remember, it's not just the foods we eat, but how we feel, that determines the outcome of health and wellness.

We cannot thrive with only the necessary nutrients because our emotions count, and they count quite a bit.

So, be kind to yourself and accept where you are right now, and use this journal to track your progress.

In this new lifestyle, I feel youthful and energized and I want you to feel the same way! I know you CAN. Please come along with me on this journey to a happier, healthier, more vibrant you!

Are you ready for AWE-some FUN?

Then let's get started!



How to Use This Journal

Use this journal to rate your awesomeness each and every day by giving yourself scores from 1-10 for meals, snacks, how much water you're drinking, and how you feel about yourself and how well you're taking care of you, with 1 being the lowest and 10 being the highest. Give yourself more points for more vegetable portions and better quality foods (less junk = higher scores). Give yourself a 1-10 for each 8-oz portion of water you drink. And give yourself a score of 1-10 for how well you feel about YOU. Your overall AWE-some score for the day will be automatically calculated. Start by being kind to yourself, accept where you are right now, utilize this journal to track your progress, and enjoy the AWE-some RESULTS you so deserve!

Week #1

Day of the Week	Breakfast Quality/ Quantity	Lunch Quality/ Quantity	Dinner Quality/ Quantity	Snacks Quality/ Quantity	Water 8-oz. Portions	Emotional Well-Being (How I Feel)	Your AWE-some Score
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Week #2

Day of the Week	Breakfast Quality/ Quantity	Lunch Quality/ Quantity	Dinner Quality/ Quantity	Snacks Quality/ Quantity	Water 8-oz. Portions	Emotional Well-Being (How I Feel)	Your AWE-some Score
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Week #3

Day of the Week	Breakfast Quality/ Quantity	Lunch Quality/ Quantity	Dinner Quality/ Quantity	Snacks Quality/ Quantity	Water 8-oz. Portions	Emotional Well-Being (How I Feel)	Your AWE-some Score
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Week #4

Day of the Week	Breakfast Quality/ Quantity	Lunch Quality/ Quantity	Dinner Quality/ Quantity	Snacks Quality/ Quantity	Water 8-oz. Portions	Emotional Well-Being (How I Feel)	Your AWE-some Score
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Week #5

Day of the Week	Breakfast Quality/ Quantity	Lunch Quality/ Quantity	Dinner Quality/ Quantity	Snacks Quality/ Quantity	Water 8-oz. Portions	Emotional Well-Being (How I Feel)	Your AWE-some Score
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Week #6

Day of the Week	Breakfast Quality/ Quantity	Lunch Quality/ Quantity	Dinner Quality/ Quantity	Snacks Quality/ Quantity	Water 8-oz. Portions	Emotional Well-Being (How I Feel)	Your AWE-some Score
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Week #7

Day of the Week	Breakfast Quality/ Quantity	Lunch Quality/ Quantity	Dinner Quality/ Quantity	Snacks Quality/ Quantity	Water 8-oz. Portions	Emotional Well-Being (How I Feel)	Your AWE-some Score
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Week #8

Day of the Week	Breakfast Quality/ Quantity	Lunch Quality/ Quantity	Dinner Quality/ Quantity	Snacks Quality/ Quantity	Water 8-oz. Portions	Emotional Well-Being (How I Feel)	Your AWE-some Score
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Week #9

Day of the Week	Breakfast Quality/ Quantity	Lunch Quality/ Quantity	Dinner Quality/ Quantity	Snacks Quality/ Quantity	Water 8-oz. Portions	Emotional Well-Being (How I Feel)	Your AWE-some Score
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Week #10

Day of the Week	Breakfast Quality/Quantity	Lunch Quality/Quantity	Dinner Quality/Quantity	Snacks Quality/Quantity	Water 8-oz. Portions	Emotional Well-Being (How I Feel)	Your AWE-some Score
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Congratulations!

Your AWE-some! You've completed the 10-week AWE-some challenge! How do you feel today compared to when you started 10 weeks ago?!? I bet you feel a whole lot more youthful and energized then you did back then. Let me know by leaving a comment on [my Facebook page](#). And, if you haven't already done so, I encourage you to continue your journey to a happier, healthier, more vibrant you with my [Fun, Fit, Living "Mini Course."](#) Here's to your AWE-some life!



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