

getting the *most* from this course

Each module contains the following:

- Video
- Roadmap
- Objectives
- Required Reading
- Fill-in-the-Blank
- Worksheet

Here's how you can use each and get the most from this course!

Before watching the video, download and print the module roadmap, worksheet, and fill-in-the-blank questions.

Objectives

The objectives for each module are listed on the lesson page and on the worksheet. You should be able to explain each objective clearly at the completion of the module.

Read over the objectives *before* you watch the video so you understand what information will be presented to you. Read over the objectives *after* you watch the video and complete the materials. If there are objectives that are still unclear to you, go back through the module video and watch these sections again.

Required Reading

In some lessons, we recommend reading sections of *Practical Paleo* and *Eat the Yolks* for a deeper understanding of material. Page numbers for each lesson are noted in the worksheets.

Worksheets

Each lesson has worksheets with questions to help you apply the module information to your life. These are action steps and plans so you can not only learn the material, but use it.

Fill-in-the-Blank

Each lesson has fill-in-the-blank questions based on information in the video module. These questions highlight some of the most important content from the module. You can find the questions in your workbook for the week, and submit answers on the page for that lesson.

We recommend that you download and print the worksheets for the week before beginning the module so you can complete the fill-in-the-blank answers as you watch the video.

Answers *must* be submitted online via the module lesson page for the week as proof of completion for that module.

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Journal

Included in the Balanced Bites Master Class is a separate daily journal. A journal is one of the most powerful tools you can use for tracking your goals and staying accountable. Your Balanced Bites Master Class Journal will follow your journey through the course with weekly and daily tracking, as well as weekly reflections.

Please read through the front matter of the journal to learn how to use it most effectively. Sample pages are provided to guide you. If you have not done so yet, we want you to go ahead and set your intentions for the course under the Personal Goals section. Take a couple moments to dig into the bigger purpose you have for this journey.

At the beginning of each week throughout the Master Class, you will be prompted in your daily journal to track:

- My “Take Action” items for this week
- Steps I’m going to take
- Other people involved
- How I’m going to explain this change to them

At the end of each week is a reflection to complete. You will journal:

- “Take Action” item for the week
- Successes
- Struggles
- How I feel week #___ went

Each day of the Master Class you will be tracking:

- What I ate (each meal and snack, don’t forget to include beverages)
- Movement
- Sleep
- “Take Action” progress

As you move through each of the Master Class module worksheets, you will be prompted to “Take Action!” You can choose your own action item to track in your journal or use the example we provided for you. What you track each week may vary from what your classmates are tracking since this is a personal application of the knowledge.

Be consistent! Journaling the changes you’re making is a great way to see progress.

before the Master Class self-*assessment*

Complete this self-assessment *before* you begin the masterclass content.

This assessment will demonstrate your growth and understanding as you'll complete a similar assessment at the end of the course. Don't spend too much time on this! Go with your gut about what you currently know and don't know. Ready? *Go!*

Please rate your understanding/confidence for each of the following statements.

1 = not at all, 5 = completely

1. I can explain the difference between saturated, monounsaturated, polyunsaturated, and trans fats.

1 2 3 4 5

2. I understand the role of cholesterol in the body and the relation of LDL, HDL, and triglycerides.

1 2 3 4 5

3. I can name list the different types of fiber and role of each in the body.

1 2 3 4 5

4. I can describe the two major hormones involved with blood sugar regulation.

1 2 3 4 5

5. I can identify the points in history where the shift in the human diet made a profound impact on human health.

1 2 3 4 5

6. I can explain why animal products are actually easier to digest than plant foods.

1 2 3 4 5

7. I can list at least 3 indicators of low stomach acid and 3 conditions that can develop as a result of low stomach acid.

1 2 3 4 5

before the Master Class self-*assessment*

8. I can list what nutrients are depleted from the body when consuming a high sugar diet.

1 2 3 4 5

9. I can describe the relationship between artificial daylight exposure and carbohydrate consumption.

1 2 3 4 5

10. I can describe what may be a cause of nutrient deficiencies, other than the lack of consuming nutrient dense foods.

1 2 3 4 5

Topics I'm curious about:

Questions I want answered:

action items

TAKE ACTION!

Create your “Take Action” items based on what you learned in this module and what your personal goals are and record in your journal. Take action suggestion: choose a symptom from #3 below that motivates you to make a change. Track it in your journal for this week (under TAKE ACTION PROGRESS), and throughout the course.

1. WHAT SHOULD HUMANS EAT?

Diane says in her introduction that she used to think about what her ancestors ate, but really only considered her great grandmother or grandmother and then began to wonder, “*what should we as humans eat?*” Consider this yourself. Write a list of foods you think humans are designed to eat. (You’ll learn exactly what we are designed to eat throughout the course!)

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

2. YOUR STORY

Now that you have heard our stories, it’s time to think about your own. Have you ever tried extreme diets to change your body? Have you ever worried about the scale rather than your health? Have you ever actually sat down to consider *your* health story? Write it below or draw out a general timeline.

action items

3. WHAT ARE YOUR SYMPTOMS?

Diane & Liz (we) both shared symptoms that we were experiencing before we switched to a real food diet (skin issues, sleep troubles, menstrual cramps, etc). Write down a list of symptoms that you experience now if you haven't switched to a real food diet or perhaps the symptoms you experienced *before* you switched to a real food diet:
