

WILDFIT® WINS

Mark your Achievements!

BODY AWARENESS

- Reduced acne
- Glowing skin
- No more circles under eyes
- Reduced cellulite
- Longer, stronger nails
- Stronger, thicker hair
- Fresher breath
- Flatter stomach
- Whiter teeth
- Leaner appearance
- Clothes fit better
- Less bloating
- More defined muscle tone
- Less joint swelling
- Looking younger
- Feeling more confidence
- Reduced joint pain
- Joint pain gone
- Less stiffness
- Fewer PMS symptoms
- More regular monthly cycle
- Less menopause symptoms
- Increased libido
- Less stomach pain
- Less diarrhea
- Less constipation
- Less gas
- Improved regular bowel movements
- Stronger immune system
- Less sick days
- Reduced allergy symptoms
- Fewer migraines
- Reduced asthma symptoms
- Less heartburn
- Less chronic pain
- Improved blood pressure
- Improved circulation
- Improved blood sugar regulations
- Reduced or eliminated medications
- Faster injury recovery

MOOD, EMOTIONS, PSYCHOLOGY

- Happier
- More outgoing
- More patience
- More optimistic
- Laugh more
- Less anxious
- Less stressed
- Friends positively notice your emotional changes
- Less depressed
- Free from depression
- Improved mental health
- Improved body image
- Improved confidence
- Feel in control of emotions

FOOD AND BEHAVIOURS

- Healthier relationship with food
- No more binge eating
- Practicing mindful eating
- Learned how to read a label
- Listen to body well
- Abandoned yo-yo, crash dieting
- No longer afraid of dietary fat
- No longer have fear of carbs
- No longer use food as a reward
- No longer use food as a punishment
- No longer use food as love
- Fewer sugar cravings
- Feeling in control of food
- No sugar cravings
- Healthy strategies to deal with cravings
- More nutrition in your diet
- No more food guilt or shame
- Better self control
- Have a good understanding of seasons
- No more mood swings

WILDFIT. WINS

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BRAIN FUNCTION

- Improved attention span
- Improved performance in job or school
- Improved memory
- Faster reaction time
- Fewer ADD/ADHD symptoms
- You think more clearly
- Feel more productive

SLEEP

- Sleeping more
- Fall asleep faster
- Sleep more soundly
- No longer need a sleep aid
- No longer use the snooze button
- You feel refreshed upon waking
- Stopped snoring
- Less sleep apnea
- Less night sweats
- Fewer night cramps

ENERGY

- Energy levels are higher
- Energy is constant
- More energy in the morning
- No more mid day slump
- More energy to play with kids
- More energy to exercise
- More energy to socialize
- More energy to work or study in school
- No longer get cranky if you don't eat
- You feel energetic between meals
- No longer rely on sugar or caffeine for energy

SPORT, EXERCISE, AND PLAY

- You started moving or exercising
- You became more consistent with movement
- You feel more athletic
- You can lift heavier things
- You hit new personal bests
- You recover more effectively
- You're trying new activities
- You're more coordinated
- Your balance is better
- You're outside more

LIFESTYLE AND SOCIAL

- New healthy habits to teach others
- More knowledgeable about nutrition
- Shop locally
- Eat seasonally
- Meal prep and feel more organized and efficient
- New recipes
- Maximize food budget
- You've created other health goals
- Healthy eating has brought your family closer
- People ask about what you are doing differently
- People come to you for health, food, or lifestyle advice
- You live WILDFIT

WHAT DO YOU SAVE MONEY ON NOW?

- Groceries
- Alcohol
- Coffee
- Junk Food
- Medication
- Eating Out
- Trying various diets
- Yo-yo dieting