

**COMFORT
CARDS**

THE
Women's Health

BODY
**CLOCK**
DIET

**The 6-Week Plan to Reboot Your
Metabolism and Lose Weight Naturally**

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SAMPLE COMFORT CARD

***Always begin by repeating the Five Pillars of Positive Nutrition**

1.	<i>Journal what I'm feeling in my new diary</i>
2.	<i>Paint a picture</i>
3.	<i>Play the piano</i>
4.	<i>Go for a walk with my best friend</i>
5.	<i>Knit for 10 minutes or longer</i>
6.	<i>Work on my arts and crafts project</i>

MY COMFORT CARD

***Always begin by repeating the Five Pillars of Positive Nutrition**

1.	
2.	
3.	
4.	
5.	
6.	