GRP

GUT REBALANCING PROTOCOL

DIGESTIVE DOMINOES TRACKING SHEET…

INSTRUCTIONS…

Eat without distractions **Wind down prior to eating** **Look and smell** **Empty your hands** **Eat slowly**

1. At every meal and snack, each day, you are going to bring your awareness into EACH of the 5 dominoes.
2. Each domino(total 5) is assigned 1 point.
3. At the end of the day, after your evening meal, take 5-mins to assess how you went with your dominoes for each meal/snack on that day.
4. You will assign yourself 1 point for each domino mastered during THAT meal/snack i.e., total score is out of 5.
5. Next to your score, also type in whether it was easy, challenging, or you felt resistant to doing *(even if you did it)*.

Examples in red below are explained here…

Monday - 4 out of 5, challenging explained = Monday breakfast… ✓ I did eat without distractions, ✓ I did wind down prior to eating, ✓ I did look and smell, ✗ I did NOT empty my hands, ✓ I did eat slowly. While I did 4 out of 5 it was challenging to remain focused because I am not used to it.

Monday - 3 out of 5, resistant to explained = Monday morning snack… ✗ I did NOT eat without distractions, ✓ I did wind down prior to eating, ✓ I did look and smell, ✗ I did NOT empty my hands, ✓ I did eat slowly. I was resistant to a couple of the dominoes because there was a work deadline and felt peer pressure to keep working during my break.

	Breakfast	Morning snack	Lunch	Afternoon snack	Optional snack	Dinner
Mon	4 out of 5, challenging	3 out of 5, resistant to	5 out of 5– challenging	5 out of 5 – resistant to	5 out of 5 – easy	4 out of 5 – resistant to
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						