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practical, not preachy

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www.louisethompson.com



WELLBEING WARRIORS

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LOUISE THOMPSON
MASTERCOACH | AUTHOR | SPEAKER

~ Trim The UPF ~ Worksheet 1 - January 2026

Hola! Here is your self-awareness worksheet for Trim The UPF. Remember we live in a challenging food landscape in the mid-2020's so do not be hard on yourself, and do not aspire to perfection. We are looking for trended improvement, empowering our personal choices and awareness.

SECTION 1: CURRENT FOOD COMPOSITION.

1. The average UK Adult eats 57% of their calories from UPF, and for children that is 65%.

If you had a guess at it now, what would you say your % UPF consumption is?

Break it down and see where you are eating mainly lightly processed or unprocessed foods, and where you are eating UPF. You might find you don't know if some of them are UPF or not as by their very nature they are hidden behind "healthy" labels. Good to Know and Interesting Mister Bond! Make a note to find out.

What's your most common breakfast? Does this contain a UPF? Y/N/Don't Know

What's your most common lunch?

Does this contain a UPF? Y/N/Don't Know

What's your most common dinner?

Does this contain a UPF? Y/N/Don't Know

What's your most common snack?

Does this contain a UPF? Y/N/Don't Know

What's your most common beverage?

Does this contain a UPF? Y/N/Don't Know

Are there any foods or drinks you are eating or drinking regularly you want to check the ingredients and composition of?

SECTION 2: HOW ARE YOUR BODY AND BRAIN FEELING?

The following are areas where we can notice the potential effects of eating UPF. You can tick as many as apply, and then check back in, in 30 days to see the effects of reducing your UPF intake. Remember there are other effects at an internal cellular level we will not be able to see or notice, but these are the ones that we can be aware of. Remember small shifts count! This was just 30 days of impact!

Energy & Mood

- Low energy / feeling sluggish
- Afternoon energy crashes
- Brain fog or difficulty concentrating
- Feeling more anxious or "on edge"
- Low mood / feeling flat
- Irritability or short fuse
- Generalised feeling of anxiety

Hunger & Cravings

- Constant hunger even after eating
- Cravings for sweet or salty foods
- Eating quickly / "mindless eating"
- Feeling less satisfied after meals

Sleep & Recovery

- Broken or restless sleep
- Harder to get to sleep
- Waking up tired

Gut & Digestion

- Bloating
- Irregular bowel habits
- Heartburn or indigestion
- Sensitive or reactive gut

Body & Weight

- Unwanted weight gain
- Swollen / puffy feeling (face or hands)
- Increased body fat around middle
- Water retention

Skin & Immune Health

- Dull or reactive skin
- More frequent colds / lowered immunity
- Inflammation flare-ups

General Wellbeing

- Feeling “wired but tired”
 - Feeling less calm / less grounded
 - Noticing addictive-style behaviours with certain foods
 - Feeling disconnected from natural hunger/fullness cues
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SECTION 3: PERSONAL UPF CHALLENGE

As ever in WW one size does not fit all, so you do you, and fit the challenge to your starting point, lifestyle, budget, aspirations, family responsibilities and so on. Here are a few ideas...

- 1. One UPF-free meal each day?
- 2. Amber or green only foods in the app?
- 3. Five ingredients or less in each packaged food?
- Nothing that isn't in your (or Claire T's) kitchen?
- Reduce UPF consumption by 25%?

These are just ideas, Craft something that excites you for 30 days. What challenge will you do? List it here:

For my Trim The UPF challenge for January 2026 I will be

Is there anything you need to support you in this challenge? A conversation with a partner? A new crock pot for batch cooking or downloading a food app that checks UPFs?

SECTION 4: 30 DAYS REVIEW

Well done you! 30 days of your own personal UPF challenge. Reflect here on what you have learned, the benefits you have experienced and what you will continue.

1. My biggest learning from the Trim The UPF 30 Day Challenge has been

2. I am feeling the following in my body and brain after 30 days – tick those that have improved!

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Remember there are other benefits at an internal cellular level we will not be able to see or notice, but these are the ones that we can be aware of!

3. What I will be continuing and integrating into life now the 30 days is over:

Congratulations on completing your personal Trim The UPF challenge, your body and brain and most certainly your liver are thanking you for eating more in line with how we humans were designed to eat!

