

Module 1 Worksheet

Binder Organization

Here are suggested tabs for your binder. Have fun organizing!

1.FRONT OF BINDER (not in a tab)

- *Weekly Schedule and Menu Plan*

2.MODULES

- This is for modules and activity sheets.

3.HANDOUTS

- You can put educational handouts in this section, i.e. GAPS Infographic

4.FOOD JOURNAL

- For a record of your food & reactions...can be a journal of sorts as well

5.RESOURCES & SUPPLEMENTS

- Supplement protocols and sources, GAPS food sources, detox sources, recipe sources, anything that helps you know where to purchase or find information

6.RECIPES

- This can be further divided up into tabs of the following:
 - Breakfast
 - Lunch
 - Dinner
 - Snacks
 - Desserts
 - Intro Stages 1 - 6