

COUCH *to*  
**ACTIVE**

FOOD DIARY

*podcast episode 23*



COUCH to **ACTIVE**

*day* **ONE**

Enjoy it all.

When /Time	Food	Hunger scale	Situation	Notes: emotional, physical, mood, etc.



COUCH to **ACTIVE**

day **TWO**

Enjoy it all.

<b>When</b> /Time	<b>Food</b>	<b>Hunger</b> scale	<b>Situation</b>	<b>Notes:</b> emotional, physical, mood, etc.



COUCH to **ACTIVE**

*day*  
**THREE**

Enjoy it all.

<b>When</b> /Time	<b>Food</b>	<b>Hunger</b> scale	<b>Situation</b>	<b>Notes:</b> emotional, physical, mood, etc.

COUCH to **ACTIVE**

*day*  
**FOUR**

Enjoy it all.

<b>When</b> /Time	<b>Food</b>	<b>Hunger</b> scale	<b>Situation</b>	<b>Notes:</b> emotional, physical, mood, etc.

COUCH to **ACTIVE**

about

# LYN LINDBERGH

## Live a life you love

I've been there, juggling all the balls, knowing that letting anything drop wasn't a viable option. I spent my days in a desk and my evenings and weekends teaching others while earning multiple fitness certifications. Then, when the timing was right, I made the jump and founded COUCH to ACTIVE. **This is my life's passion.**

I lived the daily grind for over 20 years managing high-profile learning initiatives for large corporations including Microsoft, Boeing, Philips Healthcare, and T-Mobile. For a full decade, I did this as a single-mom with a long commute, huge personal barriers and health issues putting a parasail on everything. Grit is my middle name. Today, I spend my days helping others make their dream of an active lifestyle come true, and I couldn't be happier.

Lyn Lindbergh  
*Your Bad Couch Guru*



# COUCH to **ACTIVE**

*about*

# THE BOOK



COUCH to ACTIVE is a program that takes you from sedentary to active in a way that will also help you smile more. The book is written as if you are having a cup of coffee with me. Each section includes an assignment that will help ensure you are implementing the concepts of the program into your life.

In 2018, it was honored with a finalist title in the Best Book Awards Diet and Exercise category. This is an incredible honor and won over books written by PhD's known by millions.



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COUCH to **ACTIVE**

*Our*  
**LOGO**



Similar to each of our lives, there's much more going on than what people see at first glance. Our logo is made from two people forming the letters C and A.

People disagree on which person in the logo is sedentary and which is active. However, we all agree life is better when you have someone to help bring you along.





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COUCH to **ACTIVE**

*stay*  
**CONNECTED**

**Lyn Lindbergh**

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