Here is a very, very long list of the Whole30 benefits you may have experienced. (And we’re sure you’ll find a few that aren’t detailed here!) We call these “non-scale victories”—in fact, that phrase even has its own hashtag (#NSV) on social media, because we believe it’s so critical to evaluating your Whole30 results. So take a moment (before you get on that scale) to check off everything you’ve noticed in the last thirty days. Be generous here—you worked hard, and you deserve to be proud of what you’ve accomplished!

**Physical (Outside)**
- Fewer blemishes
- Glowing skin
- No more under-eye circles
- Improvement in rashes or patches
- Less dimpled skin
- Longer, stronger nails
- Stronger, thicker hair
- Brighter eyes
- Fresher breath
- Whiter teeth
- Flatter stomach
- Leaner appearance
- Clothes fitting better
- Wedding ring fitting better
- Less bloating
- More defined muscle tone
- Less joint swelling
- Looking younger
- Feeling more confident in your appearance

**Physical (Inside)**
- Healthier gums
- Less stiff joints
- Less painful joints
- Fewer PMS symptoms
- A more regular monthly cycle
- Increased libido
- Less stomach pain
- Less diarrhea
- Less constipation
- Less gas
- Less bloating
- Improved “regularity”
- You don’t get sick as often
- Fewer seasonal allergies
- Reduction in food allergies
- Fewer migraines
- Fewer asthma attacks
- Less acid reflux
- Less heartburn
- Less chronic pain
- Less chronic fatigue
- Less tendonitis/bursitis
- Less shoulder/back/knee pain
- Improved blood pressure
- Improved cholesterol numbers
- Improved circulation
- Improved blood sugar regulation
- Improved medical symptoms
- Reduced or eliminated medications
- Recovering faster from injury or illness

**Mood, Emotion, and Psychology**
- You’re happier
- You’re more outgoing
- You’re more patient
- You’re more optimistic
- You laugh more
- You’re less anxious
- You’re less stressed
- You handle stress better
- Your kids say you’re more fun
- Fewer mood swings
- Improved behavior (kids)
- Fewer tantrums (kids)
- Less depression
- Improved mental health
- Fewer sugar cravings
- Fewer carb cravings
- Improved body image
- Improved self-esteem
- Improved self-confidence
- Less reliance on the scale
- Feeling in control of your food

**Food and Behaviors**
- Healthier relationship with food
- Improved disordered eating habits
- No more binging
- Practicing mindful eating
- Learned how to read a label
- Eats to satiety
- Listens to your body
- Abandoned yo-yo or crash dieting
- No longer afraid of dietary fat
- Learned how to cook
- No longer use food for comfort
- No longer use food as reward
- No longer use food as punishment
- No longer use food as love
- No longer a slave to sugar/carbs
- Can identify cravings vs. hunger
- Fewer cravings
- Healthy strategies to deal with cravings
- More nutrition in your diet
- Food no longer has unwanted “side effects”
- No more food guilt or shame
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### Brain Function
- Improved attention span
- Improved performance at job or school
- Improved memory
- Faster reaction times
- Fewer ADD/ADHD symptoms
- You think more clearly
- You feel generally more productive

### Sleep
- You’re sleeping more
- You fall asleep more easily
- You sleep more soundly
- You no longer need a sleep aid
- No more “snooze” button
- You awaken feeling refreshed
- Less snoring
- Less night sweats
- Less sleep apnea
- Fewer night cramps

### Energy
- Energy levels are higher
- Energy levels are more even
- More energy in the morning
- No more mid-day energy slump
- More energy to play with your kids
- More energy to exercise
- More energy to socialize
- More energy at work or school
- You no longer need to eat every two hours
- You no longer get cranky if you don’t eat
- You feel energetic between meals
- You need less sugar or caffeine

### Sport, Exercise, and Play
- You started moving or exercising
- You became more consistent with exercise
- You can exercise longer, harder, or faster
- You feel more athletic
- You can lift heavier things
- You hit new “personal bests”
- You recover more effectively
- You’re trying new activities
- You play more with your kids or dog
- You’re more coordinated
- Your balance is better
- You’re outside more

### Lifestyle and Social
- New healthy habits to teach your kids
- More knowledgeable about nutrition
- Shop locally and eat seasonally
- New cooking skills
- New recipes
- Meal prep is organized and efficient
- Made new like-minded friends who support your lifestyle
- Maximize your food budget
- Spend less time and money at the doctor’s office
- You’ve created other health goals
- Healthy eating habits have brought your family closer
- You’ve joined a new community
- Your kids have the best school lunches
- People ask you what you’re doing differently
- People come to you for health, food, or lifestyle advice
- You *are* Whole30