

Week Two

"You begin with your thoughts. Your thoughts become your actions, your actions become habits, and your habits become part of who you are." - Richard Bandler

DATE _____

- Day 8
Cut Out What you don't need. Make a food list and what you are willing to swap.
- Day 9
Complete an Extra 10
- Day 10
Adjusting your diet for your goals
- Day 11
Complete an Extra 10
- Day 12
Sugar Cravings and tips on how to combat them.
- Day 13
Try out your Tip of the Week
- Day 14
Complete the Weekly Workout
Rounds and Reps: _____

Build Your Healthy Habit Foundation

Each week focus on a different healthy habit to build a solid foundation.

This Week:

Eat Something Green At Each Meal

Each day eat a green veggie at each meal. Anything from cucumbers, peppers, spinach or any other salad greens, green beans, zucchini, brussels sprouts, asparagus, if it is a green veggie, go for it! Check each day that you eat more greens.

- Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14

Week Review

I Feel..

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Looking ahead to the next few weeks, what am I most looking forward to?

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Week Three

"Dwell on the beauty of life. Watch the stars, and see yourself running among them." - Marcus Aurelius, Meditations

DATE _____

- Day 15
Give Yourself a Goal.
- Day 16
Complete an Extra 10
- Day 17
Commitment Strategies. What is your plan to stay committed?
- Day 18
Complete an Extra 10
- Day 19
Breaking bad habits. What is one thing you really want to change?
- Day 20
Try out your Tip of the Week
- Day 21
Complete the Weekly Workout
Time: _____

Build Your Healthy Habit Foundation

Each week focus on a different healthy habit to build a solid foundation.

This Week:

Complete 10 Push Ups when you wake up and before bed

Each day perform 10 push ups in any form when you wake up in the morning and then again before bed. Watch your strength and form improve through the week with this consistent practice. Check each day that you complete both sets of push ups.

- Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 21

Week Review

I Feel..

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What obstacles stand in the way of my goals and how can I prepare for them now?

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Week Four

"You can't go back and change the beginning but you can start where you are and change the ending." - C.S. Lewis

DATE _____

- Day 22
Meal Prep. An example of simple and quick meals.
- Day 23
Complete an Extra 10
- Day 24
Exercise vs Movement. Become aware of how you move.
- Day 25
Complete an Extra 10
- Day 26
Healthy Habits Checklist.
- Day 27
Try out your Tip of the Week
- Day 28
Complete the Weekly Workout
Number of minutes Completed:

Build Your Healthy Habit Foundation

Each week focus on a different healthy habit to build a solid foundation.

This Week:

Go To Bed 10 Minutes Earlier

Each day make a plan to go to bed 10 minutes earlier than usual. Sleep is so important for your overall health and when you are sleep deprived you are more likely to have less will power, crave more sugar, and not think as clear which makes decision making harder. Check each day you get more ZZZZ's.

- Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28

Week Review

I Feel..

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What have I put the most effort into the last few weeks?

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Week Five

“Three Decisions that we all control each moment of our lives: What to focus on, What things mean, and What to do in spite of the challenges that may appear.” - Tony Robbins

DATE _____

- Day 29
Complete an Extra 10
- Day 30
Half Way Re-Cap. Look How Much You Have Learned!!
- Day 31
Make time for you.
- Day 32
Complete an Extra 10
- Day 33
Find some stress relief.
- Day 34
Try out your Tip of the Week
- Day 35
Complete the Weekly Workout
Rounds and Reps: _____

Build Your Healthy Habit Foundation

Each week focus on a different healthy habit to build a solid foundation.

This Week:

Complete 10 Sit Ups in the morning and before bed

Each day perform 10 sit ups in any form when you wake up in the morning and then again before bed. Watch your strength and form improve through the week with this consistent practice. Check each day that you complete both sets of sit ups.

- Day 29 Day 30 Day 31 Day 32 Day 33 Day 34 Day 35

Week Review

I Feel..

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What am I most the most confident in about my new habits?

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Week Six

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.” - Zig Ziglar

DATE _____

Day 36
Positivity and Gratitude. What are the things you are thankful for?

Day 37
Complete an Extra 10

Day 38
Progress isn't linear. What other ways are you progressing?

Day 39
Complete an Extra 10

Day 40
Recipes. Breakfast, Lunch, Dinner and Snack ideas.

Day 41
Try out your Tip of the Week

Day 42
Complete the Weekly Workout
Number of minutes Completed:

Build Your Healthy Habit Foundation

Each week focus on a different healthy habit to build a solid foundation.

This Week:

10 Minutes of quiet time before bed

Each day make a plan to take 10 minutes before bed to read, meditate, stretch, write in a journal, just sit with your thoughts, or any other quiet activity that suits you without a screen or electronics involved. Check each day you take a quiet 10 minutes before bed.

Day 36 Day 37 Day 38 Day 39 Day 40 Day 41 Day 42

Week Review

I Feel..

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What am I most the most proud of in the last few weeks?

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Week Seven

"Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well." - Mahatma Gandhi

DATE _____

- Day 43
Motivation. What motivates you?
- Day 44
Complete an Extra 10
- Day 45
Using insulin levels to your advantage.
- Day 46
Complete an Extra 10
- Day 47
Stretching. Try out one of the videos.
- Day 48
Try out your Tip of the Week
- Day 49
Complete the Weekly Workout
Time: _____

Build Your Healthy Habit Foundation

Each week focus on a different healthy habit to build a solid foundation.

This Week:

Complete 10 Squats in the morning and before bed

Each day perform 10 squats in any form when you wake up in the morning and then again before bed. (Extra 10 not included) Watch your strength and form improve through the week with this consistent practice. Check each day that you complete both sets of squats.

- Day 43 Day 44 Day 45 Day 46 Day 47 Day 48 Day 49

Week Review

I Feel..

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What habits can I improve on to reach my goals?

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