



OUR STARTING POINT

6 Weeks to Feeling Better

WEEK 2

nutrition - pack 2 meals

movement - 15 min sesh

Key Take Away: You know what you need, we can be proactive.

Action: Pack 2 meals for the week to maintain fed is best

- Breakfast Ideas
- Snack Ideas

Breakfast

Examples:

scrambled egg
muffins,
overnight oats,
yogurt parfait,

Lunch Examples:

Sandwich with
veggies, mason
jar salad, Left
overs ready to
eat, soup and
sandwich,

Snack Examples:

Cheese, fruit, and
nuts, yogurt,
celery and
peanut butter,
sandwich, a
smoothie,

Intentional

Movement:

walking, dancing,
a workout video,
yoga, hiking,
running,
swimming,

Action: Plan an INTENTIONAL 15-minute movement session

- Youtube Playlist of 15-minute workouts

stillness - limits

Key Take Away: The world will steal your stillness if you let it

Action: Put some limits on your phone use, ex: 10 minutes an hour, 60 minutes a day

community - 8 minutes

Key Take Away: 8 minutes is long enough

Curiosity Questions: How do you like to connect with others?

What do you feel like you need right now? If time/space/money were not an option how would you like to connect in the next week? What's your bare minimum connection requirements? How do you HATE to connect?

GOAL #1	WHAT SUCCESS LOOKS LIKE
ACTION STEPS	
<div>DUE DATE: _____</div>	<ul style="list-style-type: none">•••

HABIT TRACKER

MONTH: _____

MORNING ROUTINE

M	T	W	T	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

MOVEMENT

M	T	W	T	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

MEALS

M	T	W	T	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

SELF-CARE

M	T	W	T	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●