



OUR STARTING POINT

6 Weeks to Feeling Better

YOUR STARTING LINE

1. How many days a week, if any, do you participate in organized exercise, like a class, a planned walk, or time at a gym?
2. How much time are you on your phone a day?
3. Do you eat a vegetable daily? A few times a week?
4. Do you eat fruit daily? A few days a week?
5. How often are you eating fried foods?
6. How often do you eat beans or legumes?
7. How often do you eat nuts or seeds?
8. Do you use corn oil, canola oil, extra virgin olive oil, avocado oil, butter, or margarine for cooking?
9. Are you on your feet most of the day or do you sit most of the day?
10. Do you get to sleep easily?
11. how many hours a night do you sleep on average
12. Do you have someone you can connect with when things are going well? Badly? Just to have fun with?
13. Have you had fun this week?
14. Do you feel connected to any sort of spirituality?
15. Do you have a meditation-like practice?
16. How do you feel when you look in the mirror?
17. How do you want to feel?
18. How do you want to feel in 6 weeks?
19. What do you think your biggest struggle will be?
20. How much caffeine do you drink?
21. How much water do you drink?
22. What is your stress level on any given day?

Which of these questions stuck out to you?

WEEK 1

self * believe in yourself because
you exist

Key Take Away: Believe in Yourself, Because You Exist

Action: List 3 things you did today, no matter how basic, you did them, they got done, realize how impressive that is.

Key Take Away: Fed is Best: Add nutrition to your day

Examples:

- Protein for Sustained Energy
 - Hard-boiled eggs
 - Cheese
 - Nuts or nut butters
 - Yogurt
- Whole Grains and Fiber for Energy and GI health
 - wheat bread
 - brown rice
 - quinoa
 - sweet potatoes
- Fruits and Vegetables for increased vitamins and fiber
 - ADDING fruits or cut veggies to a snack or meal

nutrition * fed is best

Key Take Away: Movement and stillness work together to energize us

Action: What is your body craving?

What kinds of movement or what kinds of stillness do you need? Did you have any resistance when I mentioned getting enough sleep or meditating? What came up for you?

movement * stillness

GOAL #1	WHAT SUCCESS LOOKS LIKE
ACTION STEPS	
<div>DUE DATE: _____</div>	<div><div></div><div></div><div></div></div>

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
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●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

SELF-CARE

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