

## OUR STARTING POINT

6 Weeks to Feeling Better

# WEEK 4

self - find fun daily

**Key Take Away:** We are living awesome beings and we deserve to have fun each and every day in order to celebrate this crazy life we get to live. Fun might not look like it used to or exactly what we'd like, but we can still be delightful every day

**Action:** Find fun each and every day. Be on the look at for chances to laugh, jump, leap

nutrition - adding what we  
need

**Key Take Away:** An ugly truth is that our bowels can tell us a lot about what types of foods we should be including in our day.

**Action:** Instead of looking for some meal plan outside of yourself, add the foods that your body is telling you it needs. Check out the Bristol Stool chart for suggestions.

stillness - sleep hygiene

**Key Take Away:** We *should* be spending 1/3 of our lives sleeping, at least that is what helps us to function at our best.

**Curiosity Questions:** What does your sleep patterns look like? Are you a night owl on the weekends? Trying to catch up all week long? Struggling to fall asleep? Chasing the caffeine dragon all day?

# WEEK 4

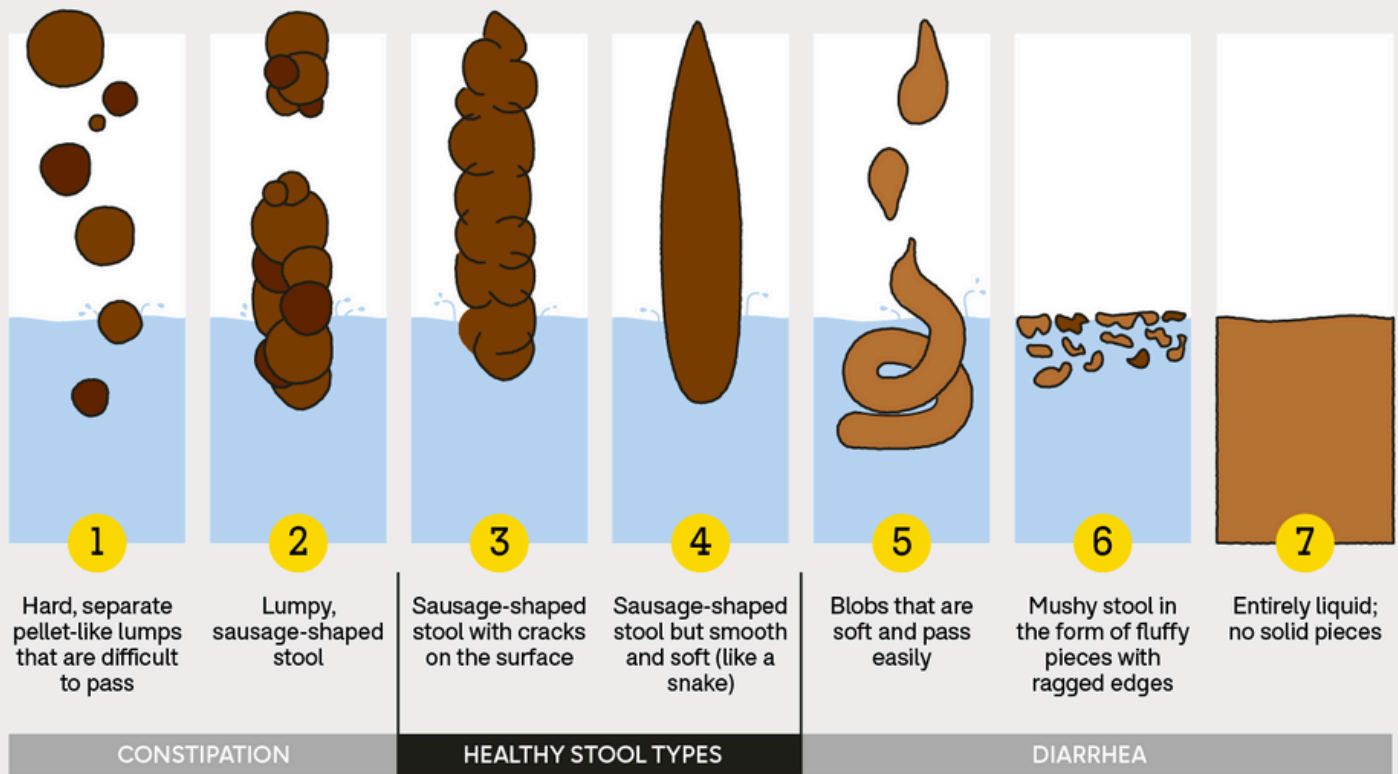
## Recap

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- **Noticing How Awesome You Are Everyday**
  - **Packing 2 meals/snacks per week**
    - **Bonus if you're looking at your week and choosing meals and snacks that will improve your day and help you digest more easily**
  - **15 minutes of movement 2x/ week, try to notice what movements you enjoy more than others**
  - **8 minutes of connection per week, in a way that works for the week you have**
  - **Having Fun, even a little bit, each day**
  - **Check out your stools and see what foods you can add to make some differences**
  - **Consider your sleep hygiene. Are you getting enough?**

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## Score Your Poop

# Bristol Stool Chart



\* Everyone has different bowel habits. And stools can be different once in a while. If your stools are too hard or too loose on a regular basis, let your healthcare provider know.

 GoodRx Health

**Constipation:** Increase daily water intake, whole wheat products, bran cereal, oatmeal, beans and legumes, apples, leafy greens, nuts and seeds

**Insoluble Fiber:** Fiber that isn't broken down in digestion, skin of fruits and vegetable, husk of whole grains, nuts, seeds, legumes

**Soluble Fiber:** Dissolves and breaks down during digestion to help absorb fluids. Flesh of fruits, oats, potatoes, and legumes

**Diarrhea:** Adding soluble fiber like bananas, applesauce, oat cereals. Consider elimination diet under medical supervision to see changes in stools

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

# HABIT TRACKER

MONTH: \_\_\_\_\_

## MORNING ROUTINE

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## MOVEMENT

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## MEALS

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## SELF-CARE

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