



Month 1  
Week 3

# Daily Healthy Habit Schedule

Making a few simple yet meaningful changes to your daily habits can help you can live a longer life and enhance your health. Follow this healthy habit schedule for optimum health. By doing so, you can increase your energy levels, lose or stabilize your weight, enhance your mood, and reap many other wellness benefits.

## **Eat your breakfast.**

Skipping breakfast because you're in a rush during the morning can lead to blood sugar crashes, which can lead to poor eating choices. A healthy breakfast will give you the energy and positive mood you need to carry out your daily tasks. Make time for a nutritious breakfast every day and enjoy all the benefits it provides.

## **Plan your weekly grocery shopping.**

Failing to plan your weekly grocery shopping can lead to running out of healthy foods before the week is over. When there's nothing healthy to eat at home, you are more likely order junk food or fill up on unhealthy foods that derail your progress. Be sure to schedule in some time every week to plan and shop for healthy foods that will cover all of your meals for a full week. You are worth your own time!

## **Keep healthy snacks on hand.**

Healthy snacks are a fantastic tool that can keep you satiated between meals when hunger strikes, and stop you filling up on unhealthy processed treats. Some quick and easy snack ideas you can choose from are fresh fruits, sliced raw veggies, Greek yogurt, nuts, seeds, and smoothies. Some of my favorite healthy convenience snacks can be found at Thrive Market and also in snack sampler boxes on Amazon.



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## **Drink plenty of water.**

Drinking at least eight glasses of water per day can prevent you from filling up on unhealthy sodas and drive-through sugary coffees. Keeps a reusable water bottle with you all day and keep refilling it to help your body perform optimally, increase your metabolism, boost your energy levels, and enhance your circulation. Swiss-decaffeinated coffee, fruit-infused water, and herbal teas are also great alternatives to water that contain practically zero calories, are completely natural and very hydrating.

## **Mix up your diet.**

If your diet consists of the same foods day in and day out, you'll quickly get bored. Boredom can trigger you to deviate to unhealthy foods. Avoid this trap by mixing up your diet and including a variety of healthy and tasty meals to keep it fresh and exciting. As a result, you'll feel more satisfied with your meal choices, and will rarely be tempted by junk foods.

## **Get moving.**

Make sure you're getting some exercise in every day, even if this means a gentle walk or light yoga-stretching in between your regular work out days. Movement boost your metabolism, lifts your energy and mood, and improves circulation. Love the body back that is loving you every day by moving it! Do workouts that you enjoy, and mix it up so that you stick with it.

These statements have not been evaluated by the Food and Drug Administration.  
This is not intended to diagnose, treat, cure, or prevent any disease.