

Strong Selves
Presents

W H O L E H E A L T H
R E N E W Y O U

JANUARY 29 2024



this program journal belongs to:



Welcome!!!

We are thrilled to have you as a part of our 12-week anti-inflammatory fitness and nutrition program. Get ready for an exciting journey that will transform not just your body but your entire outlook on health and well-being.

Why January 29, 2024, is Your Day to Shine:

On January 29, 2024, you're not just starting another program – you're embarking on a journey to rediscover your best self. This is your opportunity to rewrite your story, redefine your limits, and embrace the positive changes that will shape the coming weeks and beyond.

Your Motivation for Today:

***"Believe in yourself and all that you are.
Know that there is something inside you that is greater than any obstacle."***

As you lace up your sneakers, prepare a nourishing meal, or take a moment of mindfulness, remember that every choice you make is a step toward the vibrant, healthy life you deserve.

We believe in you, and we're here to support you every day of this incredible journey. If you have any questions or simply want to share your excitement, don't hesitate to reach out.

Here's to the next 12 weeks of transformation and a healthier, happier you!

To your success,

Your Girls at StrongSelves Fitness Studio!

January

StrongSelves

2024

ABOUT THE PROCESS:

Weeks 1-3: Establishing the Foundation

~3 workouts a week~

Moderate-intensity cardiovascular exercise combined with bodyweight exercises

~Diet/Lifestyle~

Focus on whole foods: fruits, vegetables, nuts, seeds, lean proteins. Hydrate with water and herbal teas. Limiting processed foods, sugars, and refined carbohydrates.

Weeks 4-6: Variety and Strength Training

~4 workouts a week~

High-intensity interval training (HIIT) combined with strength training and an at home low impact cardio day

~Diet/Lifestyle~

Increase intake of anti-inflammatory foods: turmeric, ginger, fatty fish, berries. Experiment with stress-reducing activities: meditation, deep breathing.

Weeks 7-9: Intensifying Cardio and Flexibility

~4 workouts a week~

HIIT cardio combined with ATG stability weight training, and an at home yoga and joint mobility

~Diet/Lifestyle~

Emphasize omega-3 rich foods: flaxseeds, chia seeds, walnuts. Learn about anti-inflammatory supplements

Weeks 10-12: Final Push

~4 workouts a week~

Mixed cardio and strength training combined with joint mobility and at home active recovery day.

~Diet/Lifestyle~

Maintain a balanced diet with a variety of colorful vegetables. Focus on sleep hygiene and aim for 7-9 hours of quality sleep per night.

THE MENTAL CHALLENGE

For the next 6 weeks (or for the rest of your life!) we challenge you to try these 4 rules ...

RULE 1:

Decide to live in a beautiful state every day no matter what. This is the single most important decision you can make to change the quality of your life forever. And, it's a decision you can make in any moment. Refuse to dwell on any unresourceful thoughts or feelings. Refuse to indulge in any disempowering questions or debilitating vocabulary or metaphors.

RULE 2:

Use the 90-second rule. The moment you start to feel frustrated, worried, concerned, stressed, angry—or any unresourceful state, give yourself a timeline of 90 seconds to change your state.

When you catch yourself beginning to focus on the negative, immediately redirect your triad (physiology, focus, language/meaning) toward a better emotional state.

Use the tools you have or will learn at StrongSelves to help you:

- The Power of your breath
- Mood Meter (emotional awareness practice)
- Mantras/Affirmations • Knowing your true What? and Why?
- Fitness and Recovery: Exercising, Cold Plunge, Ice Bath, foam rolling stretching
- Your daily routine
- New Empowering Beliefs & Identity
- Breaking the pattern and so much more you will learn along the way

RULE 3:

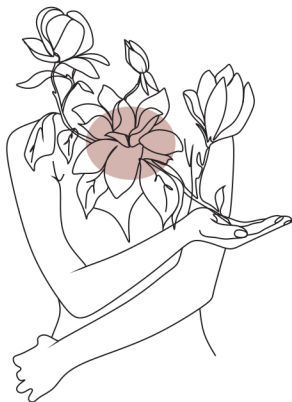
Focus on solutions instead of problems. Leaders focus 5% of their time on the problem and 95% of their time on the solution. The minute you see a possible *challenge*, immediately focus on what the solution could be.

RULE 4:

If you catch yourself indulging in or dwelling on an disempowering thought or feeling, celebrate that you recognized it. Awareness is 90% of the battle. Don't beat yourself up— simply break the pattern as quickly as possible and replace it with new, **empowering emotions and behaviors.**

Your mindset is the driving force behind every aspect of your life.

– Kevin Armentrout



- 1: Push yourself to failure.
- 2: Then go one more.
- 3: Because failure makes you learn and allows you to

GROW



NUTRITION CHALLENGE

GOVERNING PRINCIPLES FOR A HEALTHY LIFESTYLE

1. Eat 70% organic, live, high water content foods.
2. Divide food into four categories:
 - a. Organic vegetables
 - b. High-quality (clean) proteins
 - c. High-quality unprocessed (complex) carbohydrates (good carbs!) [Note this includes organic fruit]
 - d. Good fats (e.g., plant-based fats such as avocado, extra virgin cold pressed olive oil, etc.)
3. Start your day with water, yes even before your coffee!
4. Swap out a coffee for a lemon water, ginger drink or celery juice!
5. Drink half your body weight in ounces throughout the day.
6. Two or three green drinks per day (e.g., celery juice, wheat grass, matcha, smoothie etc.).
7. Allow for 3 hours after your last meal to digest before going to bed
8. Cold Plunge or Sauna for full body recovery
9. Exercise:
 - a. Strength training: 3 full-body workouts per week
 - b. 30 minutes of quality cardio or hiit exercise 3 times per week
10. Allow yourself to veer off your routine once per week plus one extra day a month (maximum of two) e.g., zag 6 days/month = 20% of time.
11. Utilize visual inspection: Does your food contain 70% water content?
12. Cleanse your body: colonics once or twice per month, cleanse once or twice per year
13. Gain control of your glucose spikes (@glucosegoddess):
 - a. Eat your vegetables first
 - b. Having a sweet treat at *the end* of a meal will minimize the glucose spike and even bring down your levels.
 - c. Take a 10- or 20-minute walk or exercise within a 70-minute window after you eat to minimize a glucose spike. That's because the glucose is immediately used by muscles as fuel, so it won't accumulate.
 - d. Adding fats, proteins or fiber to the carbs you plan to eat to reduce how quickly glucose is absorbed into the body.
 - e. Eating a carb-heavy breakfast not only causes a glucose spike, it triggers insulin production that leads to carbs being stored as fat. The worst breakfast options, according to Inchauspé (@glucosegoddess), are cold or hot cereal, sweet delights, like chocolate croissants or fruit smoothies.

PHASE I: ESTABLISHING THE FOUNDATION

	MON	TUE	WED	THU	FRI	SAT
WEEK 1	FULL BODY CORE	REST/RECOVER	LOVE THEM LEGS	LIGHT CARDIO WALK OR YOGA W/STRETCH	BOXING THEM ARMS	REST/RECOVER
WEEK 2	BOXING THEM ARMS	LIGHT CARDIO WALK OR YOGA W/STRETCH	FULL BODY CORE	REST/RECOVER	LOVE THEM LEGS	REST/RECOVER
WEEK 3	LOVE THEM LEGS	REST/RECOVER	BOXING THEM ARMS	LIGHT CARDIO WALK OR YOGA W/STRETCH	FULL BODY CORE	REST/RECOVER

MY INTENTION

What are your top goals to accomplish this phase?

Complete the 5 day Cleanse

Focus on whole foods: fruits, vegetables, nuts, seeds, lean proteins. Hydrate with water and herbal teas.

Limit: processed fats, sugars, refined carbohydrates, animal flesh and dairy products.

HOW CAN I PREPARE

What will be three massive action steps you take this phase?

YOUR THOUGHTS

Week 1 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

NOTE

FIND YOUR WHAT AND WHY

Your health and fitness journey is not really about changing yourself, but rather about becoming yourself. The more you know about who you are, what you love, what you hate, what excites you, and what drives you, the easier it will be for you to achieve what you want and to be fulfilled.

Ultimately, we all know that what we acquire will never make us happy. Who we become determines our happiness; it is the only lasting aspect of life. Deep inside of us, we all have a hunger for something more. No matter how great our lives already are – or how many challenges we face – there’s always another level. So what ultimately determines the quality of our lives? What is it that shapes us as human beings?

It is our emotions.

Emotion is why one person devotes their life to their mission. Emotion is why one person commits their life to another.

The meanings we create out of our experiences in life trigger the emotions we feel. Therefore, it’s our ability to create meanings that determines the quality of our lives. If you’re happy or sad, it’s based on the meaning you’ve created. If you’re angry or blissful, it comes from meaning. If you’re wounded or empowered, it’s the meaning. The meanings you create – and the emotions you feel as a result – are the twin forces that you alone control. (2022 Robbins Research International, Inc.)

Meaning = Emotion | Emotion = Life

Let's take a moment to reflect upon why you signed up with StrongSelves Fitness Studio.

1. Why are you here? What do you want out of the journey you are currently on?

2. What's great in your life right now?

3. What's missing from your health and fitness right now?

Blank space for writing the answer to question 3.

4. What's prevented you from having the body and energy you DESERVE in the past?

Blank space for writing the answer to question 4.

5. What would your ideal health and fitness lifestyle look like for you?

Blank space for writing the answer to question 5.

6. What needs to shift inside of you? What do you need to make happen?

Blank space for writing the answer to question 6.

7. What would life be like if you made that shift? How would you feel if you made that happen now?

Blank space for writing the answer to question 7.

WEEK 1 WELLNESS LOG

DATE

WEEKLY AFFIRMATION

WATER TRACKER



WORKOUT LOG REFLECTION

THIS WEEK I AM GRATEFUL FOR:

1.

2.

3.

THINGS I CAN DO TO MAKE THIS WEEK GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED THIS WEEK:

1.

2.

3.

THOUGHTS & REFLECTIONS

Week 2 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

NOTE



5 DAY GUT CLEANSE

At five days – four days focused on healing, one day for transition – this cleanse is achievable.

DAY 1

Day 1 of the cleanse starts to remove perimeter toxins – toxins already in the bloodstream, underneath the skin, on the outside of organs, and otherwise peripheral (close to the surface) in the body.

DAY 2

Day 2 will release toxins and poisons that have been hiding deep in your organs and tissues – some of them may have even been there for the past decade!

DAYS 3 & 4

Day 3 begins pushing out toxins and poisons from over a decade ago, expelling them from the inner core of the liver and other organs and pushing the toxins and poisons into the bloodstream and lymphatic system so they can be eliminated out of the body. At the same time, old storage bins of adrenaline from emotional hardships, betrayal, trust breakage, and losses start to be expelled from deep inside organs and tissue. This old adrenaline can hold information that may register with you as sadness, nostalgia, or déjà-vu as the body processes it out. Or it may alter your dream state. Cleansing adrenaline storage bins, toxins, and poisons from the deep inner core of organs can bring up dreams that touch on past experiences or are simply different from normal as emotional wounds heal.

DAY 5

Day 5 is a transition day. When you bring in half an avocado with dinner, you're letting your body know that it's time to slow down the cleansing process. While you're still cleansing on this fifth day, you signal to your liver by reintroducing a little bit of fat in the form of avocado that the cleanse is coming to an end. After four days of being fat-free, this is an adjustment and recalibration period, to get you ready for whatever diet you choose after the cleanse.

THE STORY BEHIND FATS

One very intentional part of this cleanse is that it does not contain radical fats until the transition period of dinner on Day 5 (a radical fat is a food where the majority of its calories are derived from fat, whether healthy or unhealthy). There's a reason fats aren't included in the cleanse. On top of toxin overload, everyone's lives are hindered by the high-fat and high-protein diets they've consumed over a lifetime, whether they realized they were eating high-fat/high-protein or not. When the blood is filled with fat, the blood thickens, which means that dehydration occurs, and we can't remove toxins out of the body.

5 Day Cleanse



Grocery List



Recipe guide



THE 5 DAY CLEANSE

TIMING	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
UPON WAKING	16-32 oz of Lemon or Lime Water	16-32 oz of Lemon or Lime Water	16-32 oz of Lemon or Lime Water	16-32 oz of Lemon or Lime Water	16-32 oz of Lemon or Lime Water
BEFORE BREAKFAST <i>(Wait 15-30 mins after drinking lemon/lime water)</i>	16 oz of fresh Celery Juice <i>*Option: Lemon, Ginger & Honey Water</i>	16 oz of fresh Celery Juice <i>*Option: Lemon, Ginger & Honey Water</i>	16 oz of fresh Celery Juice <i>*Option: Lemon, Ginger & Honey Water</i>	16 oz of fresh Celery Juice <i>*Option: Lemon, Ginger & Honey Water</i>	16 oz of fresh Celery Juice <i>*Option: Lemon, Ginger & Honey Water</i>
BREAKFAST <i>(15-30 mins later)</i>	Green Smoothie <i>*Option: Fresh Fruit. Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears.</i>	Liver Rescue Smoothie <i>*Option: Fresh Fruit. Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears.</i>	Apple Cinnamon Smoothie <i>*Option: Fresh Fruit. Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears.</i>	Fruit Cereal <i>*Option: Fresh Fruit. Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears.</i>	Mango Smoothie Berry Parfait <i>*Option: Fresh Fruit. Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears.</i>
MORNING SNACK <i>(If hungry)</i>	A piece of fruit: Apple Pear Orange Papaya Banana	A piece of fruit: Apple Pear Orange Papaya Banana	A piece of fruit: Apple Pear Orange Papaya Banana	A piece of fruit: Apple Pear Orange Papaya Banana	A piece of fruit: Apple Pear Orange Papaya Banana
LUNCH	Liver Rescue Salad	Spinach Soup <i>*Option: Leafy Green Salad</i>	Liver Rescue Salad	Spinach Soup <i>*Option: Leafy Green Salad</i>	Liver Rescue Salad
BETWEEN LUNCH & AFTERNOON SNACK	16-32 oz of Lemon or Lime Water	16-32 oz of Lemon or Lime Water	16-32 oz of Lemon or Lime Water	16-32 oz of Lemon or Lime Water	16-32 oz of Lemon or Lime Water

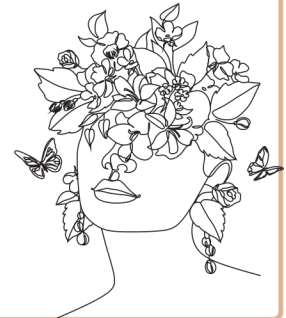
CLEANSE CONTINUED

TIMING	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
AFTERNOON SNACK	A piece of fruit: Apple Pear Orange Papaya Banana	A piece of fruit: Apple Pear Orange Papaya Banana	A piece of fruit: Apple Pear Orange Papaya Banana	A piece of fruit: Apple Pear Orange Papaya Banana	A piece of fruit: Apple Pear Orange Papaya Banana
DINNER	Leafy or Mixed Green Salad Add additional vegetables as desired: steamed asparagus, brussels sprouts, or green beans. <i>If pregnant:</i> Add steamed potatoes, sweet potatoes, and/or winter squash. <i>If needed (condition specific or chronic conditions)</i>	Leafy or Mixed Green Salad Add additional vegetables as desired: steamed asparagus, brussels sprouts, or green beans. <i>If pregnant:</i> Add steamed potatoes, sweet potatoes, and/or winter squash. <i>If needed (condition specific or chronic conditions)</i>	Leafy or Mixed Green Salad Add additional vegetables as desired: steamed asparagus, brussels sprouts, or green beans. <i>If pregnant:</i> Add steamed potatoes, sweet potatoes, and/or winter squash. <i>If needed (condition specific or chronic conditions)</i>	Leafy or Mixed Green Salad Add additional vegetables as desired: steamed asparagus, brussels sprouts, or green beans. <i>If pregnant:</i> Add steamed potatoes, sweet potatoes, and/or winter squash. <i>If needed (condition specific or chronic conditions)</i>	Leafy or Mixed Green Salad w/ 1/2 Avocado Add additional vegetables as desired: steamed asparagus, brussels sprouts, or green beans. <i>If pregnant:</i> Add steamed potatoes, sweet potatoes, and/or winter squash. <i>If needed (condition specific or chronic conditions)</i>
ONE HOUR BEFORE BED <i>(If hungry later)</i>	Apple, pear, or a couple of medjool dates <i>*Option: Oranges</i> Tea: Lemon Balm, Hibiscus, or Peppermint (Herbal tea, no additives) Can add tsp of raw honey	Apple, pear, or a couple of medjool dates <i>*Option: Oranges</i> Tea: Lemon Balm, Hibiscus, or Peppermint (Herbal tea, no additives) Can add tsp of raw honey	Apple, pear, or a couple of medjool dates <i>*Option: Oranges</i> Tea: Lemon Balm, Hibiscus, or Peppermint (Herbal tea, no additives) Can add tsp of raw honey	Apple, pear, or a couple of medjool dates <i>*Option: Oranges</i> Tea: Lemon Balm, Hibiscus, or Peppermint (Herbal tea, no additives) Can add tsp of raw honey	Apple, pear, or a couple of medjool dates <i>*Option: Oranges</i> Tea: Lemon Balm, Hibiscus, or Peppermint (Herbal tea, no additives) Can add tsp of raw honey

THOUGHT RECORD

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

Event What happened?



Feelings

How did it make me feel?

Thoughts

What was I telling myself when the event was happening?

Behaviour What was my response to the situation?

Supportive evidence

Why is my thought true?

Non-supportive evidence

Why might my thought not be true?

WEEK 2 WELLNESS LOG

DATE

WEEKLY AFFIRMATION

WATER TRACKER



WORKOUT LOG REFLECTION

THIS WEEK I AM GRATEFUL FOR:

1.

2.

3.

THINGS I CAN DO TO MAKE THIS WEEK GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED THIS WEEK:

1.

2.

3.

THOUGHTS & REFLECTIONS

Week 3 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

NOTE



CLEANSE REFLECTION

How did the cleanse make me feel?

what habits will I keep?

morning

afternoon

evening

why?

WEEK 3 WELLNESS LOG

DATE

WEEKLY AFFIRMATION

WATER TRACKER



WORKOUT LOG REFLECTION

THIS WEEK I AM GRATEFUL FOR:

1.

2.

3.

THINGS I CAN DO TO MAKE THIS WEEK GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED THIS WEEK:

1.

2.

3.

THOUGHTS & REFLECTIONS

Phase 1 Reflection

PRODUCTIVITY ★★★★★

MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

PHASE 2: VARIETY AND STRENGTH TRAINING

	MON	TUE	WED	THU	FRI	SAT
WEEK 4	FULL BODY BURN	45 MIN WALK OR YOGA VIDEO	LOVE THEM LEGS	REST/RECOVER/STRETCH	BOXING THEM ARMS	REST/RECOVER/STRETCH
WEEK 5	BOXING THEM ARMS	REST/RECOVER/STRETCH	FULL BODY BURN	45 MIN WALK OR YOGA VIDEO	LOVE THEM LEGS	REST/RECOVER/STRETCH
WEEK 6	LOVE THEM LEGS	REST/RECOVER/STRETCH/MEDITATE	BOXING THEM ARMS	REST/RECOVER/STRETCH/MEDITATE	FULL BODY BURN	45 MIN WALK OR YOGA VIDEO

MY INTENTION

What are your top goals to accomplish this phase?

Increase intake of anti-inflammatory foods: turmeric, ginger, fatty fish, berries. Experiment with stress-reducing activities: meditation, deep breathing.

HOW CAN I PREPARE

What will be three massive action steps you take this phase?

YOUR THOUGHTS

Week 4 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

NOTE



MY IDEAL DAILY ROUTINE

Morning routine	
<input type="checkbox"/>	
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<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Afternoon routine	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Evening routine	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

WEEK 4 WELLNESS LOG

DATE

WEEKLY AFFIRMATION

WATER TRACKER



WORKOUT LOG REFLECTION

THIS WEEK I AM GRATEFUL FOR:

1.

2.

3.

THINGS I CAN DO TO MAKE THIS WEEK GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED THIS WEEK:

1.

2.

3.

THOUGHTS & REFLECTIONS

Week 5 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

NOTE



'MEAL PLAN' FOR ALL

Barriers to Healthy Eating

Providing one meal plan for all is not a possible task. Everyone has their own barriers to healthy eating and achieving their nutrition goals. Some may include:

- Busy work schedules
- Busy social life
- Taking care of family
- Cooking meals for a whole family
- Dietary requirements
- Different nutrition goals

Understanding our current relationship with healthy eating is the foundational step toward fostering positive change in our lifestyle. It's crucial to take a mindful inventory of our eating habits, identifying both strengths and potential challenges. By becoming acutely aware of our current situation, we gain insights into areas that may require adjustment. This self-awareness allows us to proactively prepare for potential pitfalls and challenges on our wellness journey. Armed with this knowledge, we can consciously tailor our approach, developing strategies to navigate hurdles and make informed choices that align with our health goals. Ultimately, this intentional awareness and adjustment pave the way for a more successful and sustainable path to a healthier lifestyle.

What are your goals?

- Fat loss goal: reduced carbohydrates, increased protein and fibres (lots of veggies!). Therefore, overall aim: 2 high protein meals a day and 1 meal containing some carbohydrate.
- Muscle gain: protein is critical for muscle growth. Carbohydrates also support increasing muscle mass. Therefore, slightly more carbohydrate can be allowed in the diet compared to trying to lose fat mass. Overall aim: 2 meals with carbohydrates, all meals with high protein.

CLOSING THE GAP TO SUCCESS

	Current Struggles	How Do I overcome them?
Breakfast		
Lunch		
Snacks		
Dinner		



WEEK 5 WELLNESS LOG

DATE

WEEKLY AFFIRMATION

WATER TRACKER



WORKOUT LOG REFLECTION

THIS WEEK I AM GRATEFUL FOR:

1.

2.

3.

THINGS I CAN DO TO MAKE THIS WEEK GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED THIS WEEK:

1.

2.

3.

THOUGHTS & REFLECTIONS

Week 6 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

NOTE



HEALTHY ALTERNATIVES

Finding alternatives to unhealthy or "bad" foods can be a positive step towards maintaining a healthier lifestyle. Here are some suggestions for healthier alternatives to common unhealthy foods:

Snacks:

Instead of potato chips, try air-popped popcorn or vegetable chips.
Opt for a handful of nuts (like almonds or walnuts) instead of sugary snacks.
Choose fresh fruit or cut-up vegetables with hummus instead of candies.

Beverages:

Replace sugary sodas with water, herbal tea, or sparkling water with a splash of natural flavor. Choose freshly squeezed fruit juices instead of pre-packaged fruit drinks with added sugars.

Desserts:

Enjoy Greek yogurt with fresh berries instead of ice cream.
Make homemade fruit sorbet instead of consuming high-calorie desserts.
Snack on dark chocolate with a high cocoa content as an alternative to candy bars.

Carbohydrates:

Choose whole grains like quinoa, brown rice, or oats instead of refined grains.
Use sweet potatoes or cauliflower mash instead of traditional mashed potatoes.
Explore alternative flours like almond or coconut flour for baking.

Proteins:

Opt for lean proteins like chicken, fish, or tofu instead of processed meats.
Choose healthier cooking methods, such as grilling, baking, or steaming, instead of frying.

Condiments:

Use herbs and spices to flavor dishes instead of relying on salt or sugary sauces.
Make your own salad dressing with olive oil and vinegar instead of using store-bought dressings.

Fast Food:

Prepare homemade versions of fast food favorites using fresh ingredients.
Choose grilled options over fried when dining out.

Bread and Pastries:

Select whole-grain or whole-wheat bread instead of white bread.
Explore alternative bread options like those made from almond or coconut flour.

FINDING ALTERNATIVES

Embarking on a lifestyle change from a mindset of lack often leads to unsustainable habits and unfulfilling outcomes. Rather than fixating on what we should eliminate or restrict, the key lies in cultivating a positive approach centered around what we can incorporate into our lives. By focusing on nourishing foods, enjoyable activities, and creating realistic, manageable plans, we set ourselves up for long-term success. This shift in perspective not only makes the journey more enjoyable but also fosters habits that are sustainable and attainable. It's about building a lifestyle that aligns with our goals, allowing us to thrive and flourish on a path of holistic well-being.

	THEN	NOW
Breakfast		
Lunch		
Snacks		
Dinner		

WEEK 6 WELLNESS LOG

DATE

WEEKLY AFFIRMATION

WATER TRACKER



WORKOUT LOG REFLECTION

THIS WEEK I AM GRATEFUL FOR:

1.

2.

3.

THINGS I CAN DO TO MAKE THIS WEEK GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED THIS WEEK:

1.

2.

3.

THOUGHTS & REFLECTIONS

Phase 2 Reflection

PRODUCTIVITY ★★★★★

MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

Phase 3

	MON	TUE	WED	THU	FRI	SAT
WEEK 7	FULL BODY BURN	30 MIN MODERATE WALKING OR YOGA FLOW	LOVE THEM LEGS	40 MIN HIIT VIDEO OF CHOICE	BOXING THEM ARMS	REST/RECOVER/STRETCH/MEDITATE
WEEK 8	BOXING THEM ARMS	40 MIN HIIT VIDEO OF CHOICE	FULL BODY BURN	30 MIN MODERATE WALKING OR YOGA FLOW	LOVE THEM LEGS	REST/RECOVER/STRETCH/MEDITATE
WEEK 9	LOVE THEM LEGS	30 MIN MODERATE WALKING OR YOGA FLOW	BOXING THEM ARMS	40 MIN HIIT VIDEO OF CHOICE	FULL BODY BURN	REST/RECOVER/STRETCH/MEDITATE

MY INTENTION

What are your top goals to accomplish this phase?

Emphasize omega-3 rich foods: flaxseeds, chia seeds, walnuts.

Implement Glucose Goddess Tips

HOW CAN I PREPARE

What will be three massive action steps you take this phase?

FREE THOUGHTS

Week 7 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

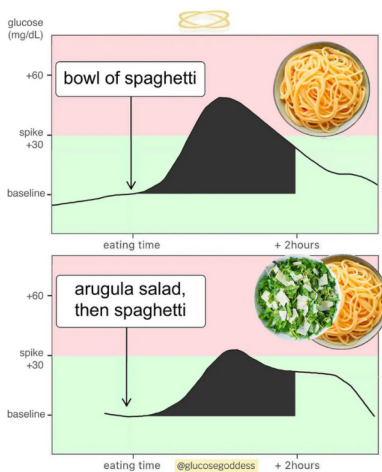
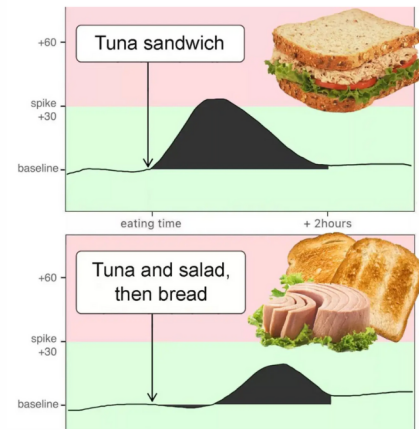
NOTE



THE GLUCOSE GODDESS'S HACKS:

Deconstruct Your Sandwich

Inchauspé advises eating fiber first, followed by protein and fat, and finally starches and sugars. That's because fiber breaks down slowly in the digestive system – while starches are turned quickly into glucose, leading to a spike. Eating fiber first slows down the speed at which you digest starches, so glucose trickles into the bloodstream more slowly than if you had eaten the same foods in reverse order. This may mean switching up the way you eat. For example, instead of a tuna salad sandwich, eat any greens first, followed by the tuna, then finish up by eating the toast. You should see a lower, slower glucose rise

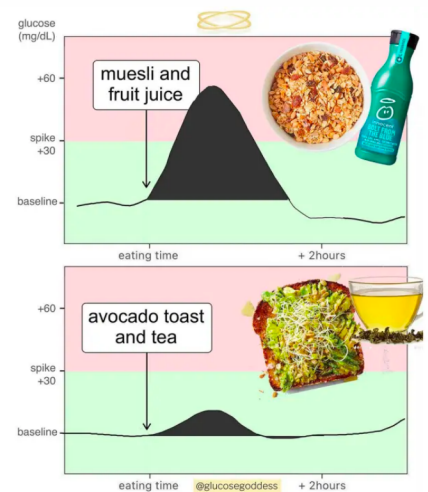


Start with a Salad

Beans, leafy greens and veggies such as veggies like broccoli, beets and carrots are all great sources of fiber, which can keep your glucose from spiking once you consume carbs. Ideally, you should eat the same amount of veggies as starches – but even if you can't have a one-to-one ratio, some veggies prior to your main course are better than none, said Inchauspé.

Take It Easy at Breakfast

Greek yogurt, avocado and eggs are all solid options to start the day and maintain a steady blood sugar level. That's because your blood sugar is lowest in a fasting state, like after you've slept overnight. Eating a carb-heavy breakfast not only causes a glucose spike (see top portion of graph above), it triggers insulin production that leads to carbs being stored as fat. The worst breakfast options, according to Inchauspé, are cereal or sweet delights, like chocolate croissants or fruit smoothies.

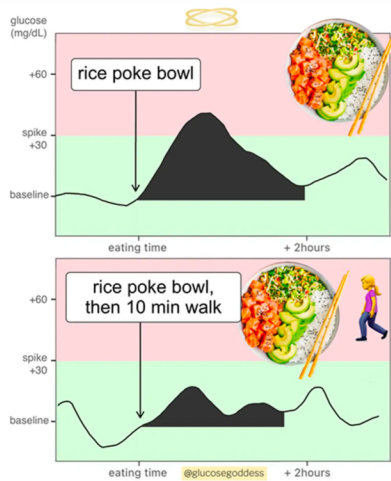
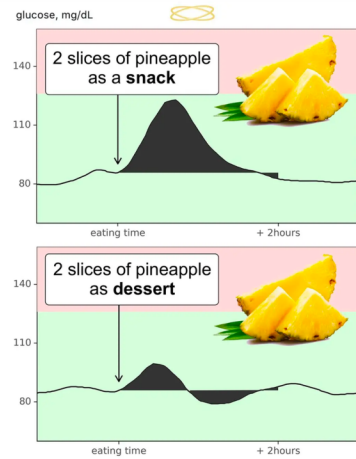


Strong Selves



Save the Sweet Stuff for Dessert

Instead of having a standalone cookie, or even a bowl of cut-up fruit as a midday treat, Inchauspé suggests saving yourself for an after-meal sweet treat. You want to maximize the amount of time your body is in a ‘postprandial state’ – the time it’s metabolizing what you’ve eaten. Having a sweet treat at the end of a meal will minimize the glucose spike and even bring down your levels.

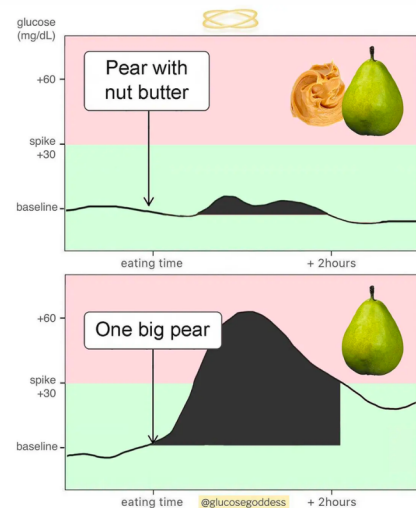


Get Moving

Taking a 10- or 20-minute walk after you eat can also minimize a glucose spike (see graph above). That’s because the glucose is immediately used by muscles as fuel, so it won’t accumulate. Inchauspé’s research recommends moving within a 70-minute window after you eat.

Add Clothes to your Carbs‘

A common phrase on the Glucose Goddess Instagram account, “adding clothes” to carbs means adding fats, proteins or fiber to the carbs you plan to eat to reduce how quickly glucose is absorbed into the body. For instance, adding protein-rich peanut butter to a slice of toast or a piece of fruit. This also applies to “good for you” carbs like brown rice, which Inchauspé advises mixing with veggies, nuts or even cheese.



Where can you incorporate some of these tips in my daily routine?

morning

afternoon

evening

notes:

Why?

WEEK 7 WELLNESS LOG

DATE

WEEKLY AFFIRMATION

WATER TRACKER



WORKOUT LOG REFLECTION

THIS WEEK I AM GRATEFUL FOR:

1.

2.

3.

THINGS I CAN DO TO MAKE THIS WEEK GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED THIS WEEK:

1.

2.

3.

THOUGHTS & REFLECTIONS

Week 8 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

NOTE



ORDER OF EATING

Order of the plate



For effective management of sugar spikes, consider adopting a strategic approach to your meal consumption. Start by prioritizing nutrient-dense vegetables as the initial component on your plate, followed by proteins and healthy fats.

By front-loading your meal with fiber-rich vegetables, you not only enhance satiety but also help regulate the absorption of sugars. Proteins and fats further contribute to stabilizing blood sugar levels. Conclude your meal with a modest serving of complex carbohydrates.

This sequential method not only promotes a balanced and nutritious diet but also aids in controlling sugar spikes, making your journey to better health a holistic and intentional one.

Timing of your Meals

Optimizing the timing of our meals plays a crucial role in managing sugar levels and promoting overall well-being. Consider making your heaviest meal the midday highlight—lunch. This strategic choice allows your body ample time to digest and process the nutrients before bedtime. Unlike a heavy dinner, which can keep our digestive systems active and potentially disrupt sleep, a substantial lunch provides the necessary fuel for the day without overburdening our bodies during the evening hours. By prioritizing a well-balanced and nutrient-rich lunch, we not only support our digestive health but also contribute to a more restful night's sleep, ensuring that our bodies can efficiently process sugars without interfering with our precious moments of restorative rest.



Where can you incorporate some of these tips in my daily routine?

morning

afternoon

evening

notes:

Why?

WEEK 8 WELLNESS LOG

DATE

WEEKLY AFFIRMATION

WATER TRACKER



WORKOUT LOG REFLECTION

THIS WEEK I AM GRATEFUL FOR:

1.

2.

3.

THINGS I CAN DO TO MAKE THIS WEEK GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED THIS WEEK:

1.

2.

3.

THOUGHTS & REFLECTIONS

Week 9 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

NOTE



ANTI-INFLAMMATORY FOODS

Incorporating a variety of anti-inflammatory foods into your diet can contribute to overall health and may help prevent chronic diseases associated with inflammation. It's important to maintain a balanced and diverse diet to maximize the benefits of these nutrient-rich foods. If you have specific health concerns or conditions, it's advisable to consult with a healthcare professional or a registered dietitian for personalized advice.

Turmeric

Curcumin Content: Turmeric contains curcumin, a powerful anti-inflammatory compound.

Joint Health: Curcumin may help alleviate symptoms of osteoarthritis and rheumatoid arthritis.

Antioxidant Properties: Acts as an antioxidant, protecting the body from free radicals.



Ginger

Anti-Inflammatory Effects: Ginger contains gingerol, which has potent anti-inflammatory properties.

Digestive Health: Ginger can help alleviate digestive issues and reduce nausea.

Pain Relief: May help reduce muscle pain and soreness.



Fatty Fish

Omega-3 Fatty Acids: Fatty fish are rich in omega-3 fatty acids, which have anti-inflammatory effects.

Heart Health: Omega-3s contribute to heart health by reducing inflammation and improving cholesterol levels.

Brain Health: Supports cognitive function and may reduce the risk of neurodegenerative diseases.



Leafy Greens

Vitamins and Minerals: Rich in vitamins and minerals, leafy greens support overall health.

Anti-Inflammatory Nutrients: Contain compounds that help combat inflammation.

Weight Management: High fiber content aids in weight management, reducing inflammation associated with obesity.



Nuts and Seeds

Healthy Fats: Nuts and seeds provide healthy fats that have anti-inflammatory effects.

Fiber: High fiber content supports gut health and reduces inflammation.

Nutrient Density: Packed with vitamins, minerals, and antioxidants.



Berries

Antioxidants: Berries are packed with antioxidants that combat oxidative stress and inflammation.

Heart Health: Consuming berries has been linked to a reduced risk of heart disease.

Cognitive Function: May help preserve cognitive function and delay age-related cognitive decline.



Where can you incorporate some of these in my daily routine?

morning

afternoon

evening

notes:

Why?

WEEK 9 WELLNESS LOG

DATE

WEEKLY AFFIRMATION

WATER TRACKER



WORKOUT LOG REFLECTION

THIS WEEK I AM GRATEFUL FOR:

1.

2.

3.

THINGS I CAN DO TO MAKE THIS WEEK GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED THIS WEEK:

1.

2.

3.

THOUGHTS & REFLECTIONS

Phase 3 Reflection

PRODUCTIVITY ★★★★★

MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

Phase 4

	MON	TUE	WED	THU	FRI	SAT
WEEK 10	FULL BODY BURN	BOXING THEM ARMS	REST/ RECOVER/ STRETCH/ MEDITATE	45 MIN HIIT VIDEO OF CHOICE	60 MIN WALK OR YOGA FLOW	LOVE THEM LEGS
WEEK 11	BOXING THEM ARMS	45 MIN HIIT VIDEO OF CHOICE	REST/ RECOVER/ STRETCH/ MEDITATE	BOXING THEM ARMS	LOVE THEM LEGS	FULL BODY BURN
WEEK 12	LOVE THEM LEGS	45 MIN HIIT VIDEO OF CHOICE	BOXING THEM ARMS	REST/ RECOVER/ STRETCH/ MEDITATE	FULL BODY BURN	BOXING THEM ARMS

MY INTENTION

What are your top goals to accomplish this phase?

Maintain a balanced diet with a variety of colorful vegetables.
Focus on sleep hygiene and aim for 7-9 hours of quality sleep per night.

HOW CAN I PREPARE

What will be three massive action steps you take this phase?

FREE THOUGHTS

Week 10 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

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SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

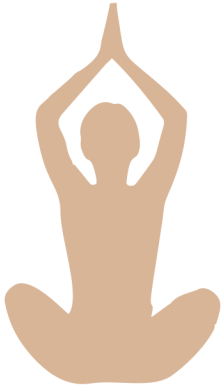
LUNCH:

DINNER:

SNACK:

NOTE





30 DAY MEDITATION CHALLENGE

Commit to meditating for 30 consecutive days. Tick the box for each day you meditate. You can begin with just 5 minutes and increase by 5 every week. Remember meditation doesn't have to be perfect the point is to become aware of your wandering thoughts and get them under control

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

WEEK 10 WELLNESS LOG

DATE

WEEKLY AFFIRMATION

WATER TRACKER



WORKOUT LOG REFLECTION

THIS WEEK I AM GRATEFUL FOR:

1.

2.

3.

THINGS I CAN DO TO MAKE THIS WEEK GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED THIS WEEK:

1.

2.

3.

THOUGHTS & REFLECTIONS

Week 11 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

NOTE



MY DAILY ROUTINE TRACKER

Morning routine	
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Afternoon routine	
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MON	TUE	WED	THUR	FRI	SAT	SUN
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Evening routine	
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MON	TUE	WED	THUR	FRI	SAT	SUN
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WEEK 11 WELLNESS LOG

DATE

WEEKLY AFFIRMATION

WATER TRACKER



WORKOUT LOG REFLECTION

THIS WEEK I AM GRATEFUL FOR:

1.

2.

3.

THINGS I CAN DO TO MAKE THIS WEEK GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED THIS WEEK:

1.

2.

3.

THOUGHTS & REFLECTIONS

Week 12 Meal Plan

WEEK OF:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACK:

NOTE



PROGRAM WELLNESS LOG

DATE

PROGRAM AFFIRMATIONS

WORKOUT REFLECTION

THINGS I AM GRATEFUL FOR:

1.

2.

3.

WHAT DID I LEARN?

THINGS I CAN DO TO CONTINUE THIS

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED TO ME

1.

2.

3.

THOUGHTS & REFLECTIONS ON MY JOURNEY

Strong Selves
Presents

W H O L E H E A L T H
R E N E W Y O U

APRIL 20 2024

*You
Did It!*