

30 WEEKS to awesome



your step-by-step guide to
building healthy habits

Elizabeth J. Smith

WELCOME To your 30-week wellness journal!

This is the PDF companion for the Ebook version of 30 Weeks to Awesome. The book is part workbook, part journal, and part education. This document allows you to get the content from the Ebook, but to still participate as you are meant to do.

If you do not yet have your Ebook copy, head over to Amazon to pick it up now!

Sincerely,
Liz Smith, Integrative Nutrition Health Coach

LESSON RECAP
Each week the highlights of the weekly lesson will be described here.

ACTION ITEM You will receive a small action item each week for the next 30 weeks. It will be highlighted for you here.

HEALTHY HABIT CHECKLIST
The checklist will remind you of topics already covered in preceding weeks. You can mark off each day, or go through the checklist each week to see what you have accomplished. This is a reminder. It does not mean you need to keep up with everything every week.

Journal Pages Format

Take a minute or two each day to check in with yourself about the weekly action item, your progress on goals you continue to work on from prior weeks, as well as how you are feeling, other thoughts, etc. You can also record your reasoning if you did not follow through on something. This will allow you to revisit your decisions to determine if you have a pattern of making specific excuses to avoid certain things.

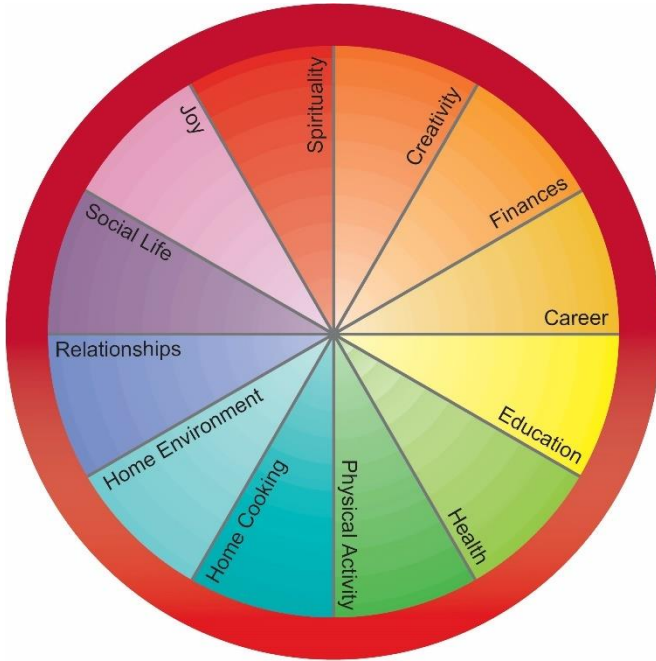
Monday: _____

Tuesday: _____

Wednesday: _____

Date: _____

1.



2.

	Start date _____	End Date _____
Neck		
Upper arm, widest part		
Bust – just under armpits		
Chest – directly under breast line		
Waist – smallest part of waist line		
Stomach – largest part of waistline		
Hips – largest area around your butt		
Upper thigh in widest area		

3.

I am choosing to spend 30 weeks building habits that will improve my health because: _____

I want to improve my health because it will allow me to: _____

I can't wait to feel: _____

I acknowledge that my biggest barriers will be: _____

These are the people who will support me: _____

WEEK ONE

Monday: _____

LESSON RECAP

In this first week, take time to recognize and measure where you are now.

Tuesday: _____

ACTION ITEMS

This week:

- 1) track your current satisfaction with different areas of your life,
- 2) measure yourself physically,
- 3) reflect on why you want to transform your health and why you are committed to this journal.

Wednesday: _____

Thursday: _____

WEEK ONE

HEALTHY HABIT
CHECKLIST

Remember where
you started & why

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWO

WHERE ARE YOU GOING?

"If you can imagine it, you can achieve it."

~William Arthur Ward

Last week you got clear on where you are now, why you want to transform your health, and why you are committed to this journal. This week, the focus is to clarify where you are going. You will dive deeper and get more in-depth on your goals for the next 30 days, 90 days, and 210 days (the completion of this 30-week program).

The goals you set can be small or huge, but they should be written in such a way that you will know when you have achieved them. Your goals should be health-related, but health can be viewed very broadly. The circle of life that you completed last week touched on many aspects of life, all of which are connected to your health. Write out one to three goals for each time period.

If you are struggling, look back at your notes from last week. What brought you to this program and what do you want out of it? How can you rewrite those motivations into measurable goals? Look back over the circle of life. Where are you low, and what's one thing you can do to boost your satisfaction in that area of your life? If you want to eat better, how would that look? Perhaps eating at home at least 3 nights a week? Or eating 5 servings of vegetables a day? Do you want to start moving more? How about starting with 15 minutes of activity per week? Notice that all these examples put you in control. Choose goals, at least for the short-term, that feel ridiculously easy. Some progress is better than none.

You may be thinking: isn't this program to teach me what to do for my health? Yes, to an extent, but you already know right now some things you can do to improve your health. Here is your chance to get clear on what's most important. If you do not yet have all your goals filled out, revisit these pages throughout this program as you learn about health and identify areas in which you can improve, and ways to do it.

30 Days

1. _____

2. _____

3. _____

90 Days

1. _____

2. _____

3. _____

210 Days

1. _____

2. _____

3. _____

WEEK TWO

LESSON RECAP

This week is about getting more specific on your goals moving forward and what you would like to achieve in 30 days, 90 days, and 210 days.

ACTION ITEMS

Write down your health-related goals, which can pertain to nearly everything in your life. Make sure they are specific and measurable so that you will know you have achieved them. Write at least one goal for each time period - 30 days, 90 days, and 210 days. Take the entire week to think about your upcoming goals.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWO

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK THREE

LESSON RECAP

Water is important for our bodies to function optimally. Dehydration could be holding you back from feeling your best, and what is an easier and cheaper way to improve health than to drink water?

ACTION ITEM

Starting this week, pay attention to how much water you consume daily and then start drinking more. Drink sips slowly throughout the day rather than all at once.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Don't like the taste of water? You can experiment with adding natural whole-food flavorings such as lemon or lime juice (or slices), orange slices, cucumber, mint leaves, or a dash of apple cider vinegar (also good for digestion).

WEEK THREE

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK FOUR

LESSON RECAP

As we get into food and habit change throughout this program, focus on an abundance mindset of adding good, nurturing food and habits into your life.

Focus on what you want to eat because of how it makes you feel. Let the healthy crowd out the rest.

ACTION ITEM

Start to observe your food choices throughout the day with a curiosity mindset rather than an attitude of judgment. Later we will focus on more specifics. For now, observe your behavior without judgment or trying to change. You can also record your thoughts about what foods serve you well and those that do not.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK FOUR

HEALTHY HABIT CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK FIVE

LESSON RECAP

Add in more vegetables for better short- and long-term health.

ACTION ITEM

Eat at least one extra serving of vegetables each day this week and continue adding at a comfortable pace until they make up the bulk of your diet (by volume). Experiment with both quantity and variety. Record your experience as you explore new tastes.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK FIVE

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK SIX

Monday: _____

LESSON RECAP

Fat is essential to a healthy diet and most of us are not eating enough. Focus on adding in high quality fats and replacing unhealthy fats.

Tuesday: _____

Wednesday: _____

ACTION ITEM

Start by ensuring you are eating healthy fats every day, then begin incorporating them into each meal.

Thursday: _____

WEEK SIX

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

30-DAY CHECK-IN POINT

REVISIT

In the following week, you will hit 30 days since Week Two, when you set goals for 30 days, 90 days, and 210 days. In addition to the weekly lesson and action item, take time in the next week to revisit the goals you established earlier. How are you doing on the goals you set? What have you accomplished? Do you want to change or eliminate any of the goals you wrote earlier? Are there goals you want to add? Timeframes you want to change?

Accomplishments so far using this journal: (Anything counts, even the things that seem *so small* are worth celebrating!)

Continued, modified, and new goals:

60 Days

1

2

3

180 Days

1

2

3

WEEK SEVEN

LESSON RECAP

Chewing is essential to proper digestion and eating slowly helps to regulate how much and what you eat.

ACTION ITEM

Begin by focusing on one meal a day. Chew and devote your full attention to that meal (conversation is fine, but avoid TV and other screens). As the week and your life go on, continue paying attention to your meals by chewing and monitoring how they make you feel.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK SEVEN

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK EIGHT

LESSON RECAP

Cravings are different than hunger. This lesson teaches about the difference and what your cravings could be telling you.

ACTION ITEM

Start by monitoring. Are you truly hungry, or are you craving something that you do not need? What patterns do your cravings take? What happens when you avoid the food you crave for a few days? Do the cravings go away? Is the craving telling you something important about something missing from your diet?

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK EIGHT

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK NINE

LESSON RECAP

Each of us has a unique way of eating that works best for our own body and mindset, as well as a unique best lifestyle. Trust your body to tell you what you need, and allow yourself to change at your own pace. You may find foods that don't make you feel great but which you love and are unwilling to go through life without. That's okay, and still important information to have.

ACTION ITEM

While using healthy eating principles in this program and your own experience as a guide, begin to listen to your body and experiment to discover the way of eating that works best for you.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK NINE

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TEN

LESSON RECAP

Work is likely where you spend most of your time. It is easy to become complacent. However, small changes in your environment and your behaviors could make a huge difference. What could your work-life look like?

ACTION ITEM

Write out the answers to the five questions in this lesson and commit to short-term and long-term changes to improve your work environment. This isn't necessarily about career change; we all have room for improvement even if we love our current work.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TEN

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK ELEVEN

LESSON RECAP

Developing new habits is challenging for anyone. There are many tricks that can help you create new, healthy habits. Here are a few ideas; keep trying different techniques until you find what will work for you.

ACTION ITEM

Think about one activity that you want to start doing and decide on one way that you are going to try to turn that activity into a habit. Get going. Stick with it, but if it doesn't work, try a new mechanism to change that activity into a habit.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK ELEVEN

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWELVE

LESSON RECAP

Probiotic foods are a healthy, daily addition to your diet. They will increase the prevalence of healthy gut bacteria which help with digestion and overall health.

ACTION ITEM

Explore as many new probiotic foods this week as you can. Take a trip to the grocery store and try both exciting and scary things. You may develop surprising tastes.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWELVE

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK THIRTEEN

LESSON RECAP

An important part of taking care of yourself is to spend time in reflection and considering the world outside of your immediate environment.

ACTION ITEM

Reflect on your current practices of quiet connection. If you already have a practice, what can you start this week to strengthen your connection? If you do not have a practice, what interests you? Do you want to try meditation? Spend more quiet time in nature? Use this week to explore. It may take time to find the practice that resonates with you the most.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK THIRTEEN

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK FOURTEEN

LESSON RECAP

Movement is good for both long- and short-term health. Even if you are not able to be 'perfect' and get to the gym every day, you can do tremendous good by just moving your body.

ACTION ITEM

Take a realistic assessment of your current movement. Not just exercise, but how often you move throughout the day. Decide on one or two things to incorporate immediately to increase your level of movement and implement this week.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK FOURTEEN

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK FIFTEEN

LESSON RECAP

Added sugar is one of the worst things we can put in our bodies, yet it is everywhere. Start paying attention to labels, and make sure not to replace with artificial sweeteners.

ACTION ITEM

Look at the items in your home to find the added sugars. Start paying attention to labels when at the grocery store. For the next few days, start calculating your total grams of added sugar per day so that you know where you stand, and then begin to reduce if needed. Sugar is addicting and change may take time. Be patient with yourself but know that reducing sugar is one of the best things you can do for your health.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK FIFTEEN

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

HALFWAY POINT

REVISIT

In the following week you will hit 90 days since Week Two when you set goals for 30 days, 90 days, and 210 days. It is also your halfway point. In addition to the weekly lesson and action item, take time in the next week to revisit the goals you established earlier. How are you doing on the goals you set? What have you accomplished? Do you want to change or eliminate any of the goals you established earlier? Are there goals you want to add? Timeframes you want to change?

Also revisit the Circle of Life on the following page. Do it before reviewing the one you completed in week one, but then go back to compare.

Accomplishments so far using this journal: (Anything counts, even the things that seem *so small* are worth celebrating!)

Continued, modified, and new goals:

120 Days

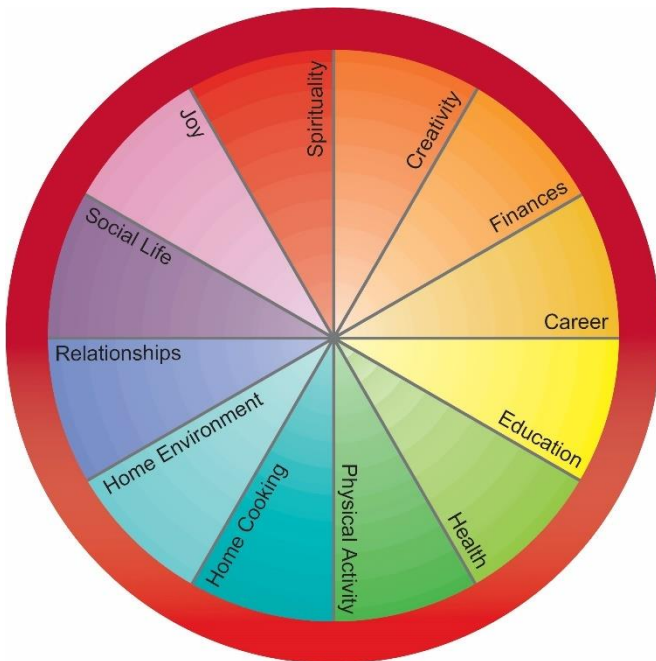
1

2

3

CIRCLE OF LIFE

Complete the circle of life again at this point in your journey: Place a dot in the wedge for each category to indicate your level of satisfaction in that area. The center of the circle indicates zero satisfaction in that area; the outer edge indicates complete satisfaction in that area. Satisfaction means you do not feel there is room for improvement at this time in your life. Focus only on how you feel at this time. For example, education may not play a big role in your life right now, but if you are completely satisfied and do not wish to increase its role at this time, then you would put your dot near the outer edge of the circle. When you are done, connect the dots.



WEEK SIXTEEN

LESSON RECAP

Grains can be incorporated into a healthy diet (though some people feel better without them), but avoid processed grains in favor of whole, intact grains.

ACTION ITEM

Two options this week: 1) Bring awareness to your choices and begin adding in more truly whole grains. Try one grain this week that you have never cooked before. 2) Alternatively, go grain-free this week. Focus on healthy fats, protein, and vegetables instead. Go at least one week, perhaps two, before you decide whether grain-free living makes you feel better. If it feels right, stick with it, if you feel better with grains, now you know.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK SIXTEEN

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK SEVENTEEN

LESSON RECAP

Sleep is the foundation to a healthy, vibrant life. Without good sleep, other habits are difficult to maintain and they will not make as much of a difference.

ACTION ITEM

If you do not get between 7-9 hours of sleep per night, figure out how you can do it. Take a look at your day's schedule and find a way to adjust it. Then, whether you get 7-9 hours per night or not, try one or two practices this week to see if they will improve your sleep quality.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK SEVENTEEN

HEALTHY HABIT CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK EIGHTEEN

LESSON RECAP

We should all try to avoid processed foods. Instead, learn to shop for and cook with real food - single ingredient items that can be combined into delicious meals or enjoyed on their own.

ACTION ITEM

Begin by becoming aware of what you are consuming and purchasing. Start choosing store items with fewer or cleaner ingredients that you can pronounce. Then consider not replacing some processed staples in your home. For example, don't restock the chips, and try out new snacks such as nuts or vegetables and hummus for your family.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK EIGHTEEN

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK NINETEEN

LESSON RECAP

Eating home-cooked meals is generally healthier than store-bought or restaurant meals and it doesn't have to run your life if you learn simple techniques to make cooking easy and satisfying.

ACTION ITEM

Choose one of these techniques to try out this week. Then reflect on how it went and set another short-term goal for yourself. Think of small things you can tweak to make eating home-cooked meals just a little easier. Don't do it all at once, but remain diligent and with time you can create more efficiency and enjoyment around home-cooked meals.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK NINETEEN

HEALTHY HABIT CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWENTY

LESSON RECAP

By focusing on what we have rather than what we do not have, we can change how we see the world and our overall happiness.

ACTION ITEM

Each evening, write out three things that you are grateful for. Don't overthink it; they can be small or big. However, be specific in your thoughts. If you are grateful for a person or a pet, what's one thing about them you are grateful for? It is okay to repeat items throughout the week, but still be sure to write three each day.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWENTY

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals
- Gratitude

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWENTY-ONE

LESSON RECAP

Eating out can mean losing control of the quality of ingredients used and can lead you to eat portions far greater than necessary.

However, with some planning and conscious decision making, it can be made a healthier, if still not a good regular choice.

ACTION ITEM

Try at least one of these tips the next time you eat a meal out.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWENTY-ONE

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals
- Gratitude
- Eating out

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWENTY-TWO

LESSON RECAP

Relationships are important no matter what you do, who you are, or how introverted you may be. Take a good, honest look at your current relationships.

ACTION ITEM

Spend time this week reflecting on your relationships. Then decide on at least one that you want to foster or one that you want to let go. Come up with at least one concrete thing that you will do in furtherance of a change in that relationship (such as a way to reach out to an individual to do something or a strategy for telling someone that you wish to spend less time with them).

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWENTY-TWO

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals
- Gratitude
- Eating out
- Relationships

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWENTY-THREE

LESSON RECAP

Vitamin D is important for optimal health. Try to get natural sunlight each day.

ACTION ITEM

If you do not get much sunlight, start making an effort to be in the sunshine every day it's out. Step outside your office for a small sunshine break; it will boost your mood and productivity later in the day. If this isn't an option in your region of the world, get a special lamp and use as directed.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWENTY-THREE

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals
- Gratitude
- Eating out
- Relationships
- Vitamin D

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWENTY-FOUR

LESSON RECAP

Whether or not you choose to eat meat is a personal decision. However, if you do elect to eat meat, choosing grass-fed beef or organic chicken is healthier than conventional meat.

ACTION ITEM

If you do eat meat, or want to try adding it back in, then pick something to explore this week. That might mean not eating it, trying a new type, or trying grass-fed beef. If you do not eat meat, pick another goal for the week, perhaps continuing something from a prior lesson.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWENTY-FOUR

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals
- Gratitude
- Eating out
- Relationships
- Vitamin D
- Meat

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWENTY-FIVE

LESSON RECAP
Many adults lack the enzymes to efficiently digest dairy. The best way to learn what makes you feel your best is to experiment – even if you decide to consume dairy on occasion.

ACTION ITEM
Cut out all dairy products this week and monitor how you feel without them.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWENTY-FIVE

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals
- Gratitude
- Eating out
- Relationships
- Vitamin D
- Meat
- Dairy

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWENTY-SIX

LESSON RECAP

Constant stress is unhealthy, and yet it is a state that many people are in on a regular basis in our fast-paced, guilt-ridden, busy world. Getting outside is one way to reduce stress hormones and bring positive physical and mental changes.

ACTION ITEM

Spend at least 10 minutes outside each day this week. Try to get off pavement, or at least be in a garden or forest, even if on pavement. You can walk, sit, or stand – whatever suits you. Throughout the week, monitor how it makes you feel.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWENTY-SIX

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals
- Gratitude
- Eating out
- Relationships
- Vitamin D
- Meat
- Dairy
- Get outside

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWENTY-SEVEN

LESSON RECAP

If you find yourself throwing a wrench into your life when things seem to be going well, you may be practicing self-sabotage. This may be because of a deep-seated belief that you do not deserve greater abundance. With time and keen awareness, you can teach yourself to allow greater abundance into your life.

ACTION ITEM

Can you think of a time that you practiced self-sabotage? Can you identify what was going on to cause it? This reflection may surprise you. Start trying to identify patterns, and then begin to change your behaviors and recognize that you deserve the abundance coming to you.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWENTY-SEVEN

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals
- Gratitude
- Eating out
- Relationships
- Vitamin D
- Meat
- Dairy
- Get outside
- Self-sabotage

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWENTY-EIGHT

LESSON RECAP

Clutter in your house can cause internal stress even if you do not recognize it. One way to organize is to go through categories of items all at once to decide what you really need around at this point in your life. If it rings true for you, keep only what sparks joy for you. Search for Marie Kondo for more information on this method.

ACTION ITEM Pick one category in your home or office to organize this week. Gather all like-items together and keep only what you need.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWENTY-EIGHT

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals
- Gratitude
- Eating out
- Relationships
- Vitamin D
- Meat
- Dairy
- Get outside
- Self-sabotage
- Home environment

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK TWENTY-NINE

LESSON RECAP

To make healthy eating a habit that lasts for your lifetime, it needs to be flexible to fit into whatever you really care about, and to allow the occasional treat. Eating well most of the time is what will matter in the long term, not what you do occasionally. One way to think about this is to think about eating well 80% of the time.

ACTION ITEM

Reflect on your thoughts on this lesson. How can you implement the 80/20 to make it work for *you*? Then put it into action, modifying it to your needs over time.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK TWENTY-NINE

HEALTHY HABIT
CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
- Chew your food
- Monitor cravings
- Bioindividuality
- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals
- Gratitude
- Eating out
- Relationships
- Vitamin D
- Meat
- Dairy
- Get outside
- Self-sabotage
- Home environment
- The 80/20 rule

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

WEEK THIRTY

CONGRATULATIONS, REFLECTION, AND WHAT'S NEXT

"Think for yourself while being radically open-minded."

~Ray Dalio

Congratulations on completing this thirty-week healthy foundations program! Consistently moving forward through the lessons and making changes in how you think and live is no small feat.

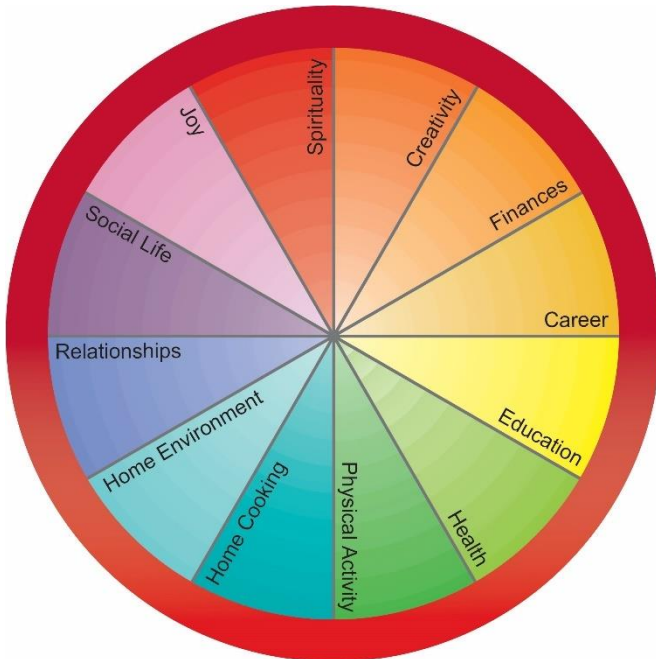
Use this week to reflect on the changes you have made in the last 30 weeks and to decide what's next for you on your health journey. You will find questions to prompt your thinking on the following pages. Go back through the notes you have taken along the way, as well as your previous goals, to help you recall how far you have come. Keep your eye out for patterns as well to help you determine where to head next.

Complete another circle of life. Do so before revisiting the two previously-completed versions. Also revisit your measurements after these 30 weeks from page four, putting your current number next to your previous number and recording the date.

Whether we meet again or not, I wish you the very best on your health journey! May you feel happier and healthier each year that you continue living on this planet.

CIRCLE OF LIFE

Complete the circle of life one final time. Place a dot in the wedge for each category to indicate your level of satisfaction in that area. The center of the circle indicates zero satisfaction in that area; the outer edge indicates complete satisfaction in that area. Satisfaction means you do not feel there is room for improvement at this time in your life. Focus only on how you feel at this time. For example, education may not play a big role in your life right now, but if you are completely satisfied and do not wish to increase its role at this time, then you would put your dot near the outer edge of the circle. When you are done, connect the dots.



REFLECTION

Since starting this program I have made the following changes:

I am really proud of myself for: _____

I learned that the following habits/foods, etc. make me feel great:

I observe the following patterns in my behavior: _____

The single biggest thing I can do now for my health is: _____

My biggest struggle is: _____

My top goals for the following time periods are:

30 days _____

60 days _____

6 months _____

1 year _____

WEEK THIRTY

LESSON RECAP

Congratulations on making small consistent change for the last 30 weeks! Reflect on your journey, take some time to be proud of yourself, and if you got behind, no worries: make a plan to catch up.

ACTION ITEM

Complete the Circle of Life and then compare to the two you did previously. Look at your goals from the beginning your notes throughout this book. Take time with the reflection questions to move your forward.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

WEEK THIRTY

HEALTHY HABIT CHECKLIST

- Remember where you started & why
- Remember your goals
- Drink water
- Add in to crowd out
- Eat vegetables
- Eat healthy fats
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- Consider career
- New habits
- Probiotics
- Quiet connection
- Move your body
- Sugar
- Whole grains
- Sleep
- No processed food
- Home-cooked meals
- Gratitude
- Eating out
- Relationships
- Vitamin D
- Meat
- Dairy
- Get outside
- Self-sabotage
- Home environment
- The 80/20 rule
- Reflection & what's next

Friday: _____

Saturday: _____

Sunday: _____

Weekly Summary: _____

THE END.