



EAT

TWL = 1450 = level B

5V 2V 1/2 SLP 1/2 HP

Track every day

Plan meals

make menus for week

Prep + have on hand

DRINK

150oz / 2 = 75oz

2 coffees 8oz

1 glass wine 8oz or another coffee

= 90oz ~ 100oz per day

buy 24oz pill - empty at least 4x/day

MOVE

couch to 10K plan

run 3 days/week

2 days strength training

1 day yoga

1 active rest - hiking

SLEEP

8 hrs / night

bed by 10 pm

posters:

- lights down
- screen off
- no cell
- sleep timer

FINANCIAL

buy new running shoes

1 cute workout outfit / month

join the YMCA

consider hiring personal trainer?

order 90-Day Planner

Habits that will get you there

→

SELF

I am worth this!

Keep my self-promises

Organize on weekends to make weekdays successful

download couch 2.10K

PEOPLE

Run with Lizabeth 2x/week

Get kids in bed before 9 pm

Enlist hubby's help with screen curfew, wine

ENVIRONMENT

meal plan and motivational posters - hang in cub

journal every night

post affirmations in bathroom to read in a.m.

MOTIVATION

What's your why?

- To overcome weight problem permanently before menopause
- to avoid health scares of my mom's
- to be fully engaged with kids
- I want to run a marathon before I turn 50!

READY, SET, GO!

Turn the page to start the first four weeks of your Healthy Habits Journey!

Your fitness goal & time frame

- Run a 10K in 40 min.
- in 6 weeks from day 1
- Use the training to lose 10 pounds

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