



*Every little change adds up to make a big change for the better*

Daily Habits	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Notes- how do you feel?
Eat Breakfast or drink a smoothie								
Do 10,000 Steps								
Wake up 7am and complete Journal								
Take a lunch break and walk								
Drink 2 litres of water- or drink coconut water								



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Write 5-10 gratitude statements in your journal e.g- Thank you for my healthy body	Mon	Tue	Wed	Thur	Fri	Sat	Sun	
Take 5-10 minutes to meditate, Yoga breathing, or Yoga or time to reflect the day								
Place knife and fork down between each mouthful								
Only one Sweet Treat per day								



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Weekly Habits	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6		
Plan /Prepare Meals for week								
Book a Treat / Self Care/ Time Out/ face mask/ read a book								
Carry out Lift Lean Workouts x 5								
Carry out Extra Workouts if possible								
Carry out a stretch type class- Pilates / Yoga								



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Monthly Habits	
Plan an afternoon/ Eve Out	
Go on a new adventure/ Fitness Event	



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