

Get Fit & Healthy

Most Influential

MAPPED OUT MINI-STEP CYCLES IN DAILY PLANNER

- *EAT WHOLE REAL FOOD
- *EAT ONLY HOME-PREPARED MEALS
- *TIME-RESTRICTED EATING (TRE)
- *DAILY APPLE CIDER VINEGAR (ACV)/MINERAL DRINK
- *CYCLE CARBS & TRE (TIME-RESTRICTED EATING)
- *ESTABLISH SLEEP PRACTICE 7-8 HOURS SLEEP
- *DAILY MOVEMENT PRACTICE
- *DAILY STRETCH PRACTICE
- *WEEKLY WORKOUTS (2-3 TIMES/WEEK)
- *DAILY CONNECTIONS WITH SELF/COMMUNITY
- *DAILY JOURNALING/TRACKING
- *DAILY MIND/SOUL PRACTICE

Strongly Support

- *WHEN IN TIME CRUNCHES HAVE PREMADE/FROZEN MEALS TO HEAT UP
- *PLAN/PREP MEALS DAY IN ADVANCE SO DAILY STRUGGLES ARE NOT A HINDRANCE TO NEGOTIATE

DAILY/WEEKLY CHECK-INS WITH ACCOUNTABILITY PARTNER

WORKOUT CLOTHES LAYED OUT BEFORE WORKOUT MORNINGS ... FUNCTIONED STACKED CHORES INCORPORATING DAILY MOVEMENTS/STRETCHES

MIND/BODY/SOUL SUPPORT SITES TO STAY CONNECTED TO PURPOSE/PROMPTS/DATA

GATHERED INFORMATION MAKING "FIT/HEALTHY" DOABLE

PROGRESS MADE IN SMALL STEPS FORWARD

- *EAT BETTER / LESS PROCESSED FOODS
- *FAST LONGER BEFORE BED AND NEXT DAY MEAL
- *WORKOUT WEEKLY
- *PLAN TO TRACK PROGRESS

TALKING/POSTING ABOUT DESIRED OUTCOMES ... FIXATED ON THE OUTCOME OF OTHER POSTED BODIES

Least Influential

Strongly Oppose

Unfit & Unhealthy

