Pacific Coast Naturopathic Health
Dr. Helene Pulnik ND

GRATITUDE JOURNAL

365 DAYS



THE SCIENCE OF *Gratitude*

HOW PRACTICING GRATITUDE EVERY DAY CAN IMPROVE YOUR HEALTH AND HELP YOU FEEL BETTER.

There's one super simple yet extremely powerful practice that can skyrocket your health and overall wellness in several scientifically validated ways.

It's free.
And it only takes a few minutes to have life-changing impacts. It's gratitude!

Gratitude is derived from the Latin root gratia, meaning grace, graciousness, or gratefulness. Research shows that gratitude or appreciating what we have brings greater positivity, better health and life satisfaction.

THE HEALTH BENEFITS OF GRATITUDE

- Gratitude boosts attitude
- Gratitude improves sleep
- Gratitude Increases self-esteem
- Gratitude improves heart health
- Gratitude improves the quality of sleep
- Gratitude Increases happiness and reduces depression

Studies show that just practicing Gratitude for 15 minutes every day can improve
your overall wellbeing.

According to research, grateful people experience fewer aches and pains and they also report feeling healthier than other people.

Not surprisingly, grateful people are also far more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups with their doctors – not because they are sick, but because they have a greater sense of self-awareness and actually care about their bodies, which is likely to contribute to better overall wellness.

People who are more grateful have better heart health, less inflammation, and healthier heart rhythms. This means gratitude is also good for your heart. The study author reported that gratitude was found to ward off depression, stress, and anxiety, all of which can increase the risk of heart disease. Other studies show that people who report being more grateful also report feeling less muscle and joint pain.

GRATITUDE JOURNALING

Studies have shown that when people actively take the time to list or journal the things they are grateful or thankful for, they feel far better mentally and physically.

It can be gratitude for a person, an act of kindness someone has shown you, appreciation for your pet, friend, colleague etc. Whether you choose to write a few sentences in a gratitude journal or simply take a moment to silently acknowledge all that you have, giving thanks can transform your life.

REFERENCES:
The Role of Gratitude in Spiritual Well-Being in Asymptomatic Heart Failure Patients Paul J. Mills, Laura Redwine, Kathleen Wilson, Meredith A.
Pung, Kelly Chinh, Barry H. Greenberg, Ottar Lunde, Alan Maisel, and Ajit Raisinghani University of California, San Diego
Examining the Pathways between Gratitude and Self-Rated Physical Health across Adulthood 2013 Jan;54(1):92-96.

GRATITUDE PROMPTS

Here are 40 thoughtful gratitude prompts for your gratitude journal, feel free to add your own:

1. What are three things you're grateful for today, and why?
2. Name one small joy from today that brought you happiness.
3. Who is someone you're thankful for, and what makes them special?
4. Describe a moment today when you felt at peace.
5. What is your favorite nourishing meal that you love?
6. Who supported you recently, and how did it impact you?
7. Reflect on a meaningful conversation you've had this week.
8. Who in your life inspires you to be better, and why?
9. What qualities of your closest friend are you most grateful for?
10. Think about a family tradition or memory that brings you comfort.
11. What's your favorite place in nature, and why does it make you feel grateful?
12. Describe the last time you felt awe looking at the sky, stars, or sunset.
13. What sounds in your environment are soothing or comforting to you?
14. Write about a flower, tree, or plant that brings you joy.
15. Reflect on the changing seasons—what do you love most about the current one?
16. What is one way you've grown as a person this year?
17. Name a personal strength or talent you are thankful for.
18. Write about a time you overcame a fear or obstacle and how it felt.
19. What's something you're proud of achieving recently?
20. How have you cared for yourself this week that you're grateful for?
21. What's a small, everyday object you're thankful for?
22. Write about a meal or snack that nourished or delighted you today.
23. What's something about your home that makes you feel safe or comfortable?
24. What is a recent act of kindness you've experienced or witnessed?
25. Write about a moment of laughter or humor that made your day brighter.
26. What's a hobby or activity that brings you joy and fulfillment?
27. Think about a book, movie, or song that has deeply impacted you—what did it teach you?
28. Reflect on a recent trip or outing that made you feel alive.
29. Write about a time you felt truly connected to someone or something.
30. What's a skill or knowledge you've gained that enriches your life?
31. What upcoming event or experience are you most excited about?
32. Write about a dream or goal you're grateful to be pursuing.
33. What possibilities in your future fill you with hope or excitement?
34. Name one thing you're looking forward to tomorrow and why.
35. Reflect on a habit or routine that helps you feel grounded and optimistic.
36. What songs or music create a sense of joy for you?
37. Write about a person, place, or thing that has been a constant source of comfort in your life.
38. What 3 improvements in your health are you thankful for?
39. Reflect on a time you felt truly seen, heard, or understood—what made it meaningful?
40. What does gratitude mean to you, and how has it shaped your life?

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM DESERVING OF LOVE AND CARE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE GRATITUDE DAILY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ALLOW MYSELF TO HEAL AT MY OWN PACE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BE PRESENT DURING CONVERSATIONS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RISE ABOVE NEGATIVITY AND STAY FOCUSED.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SEND A HANDWRITTEN LETTER TO A LOVED ONE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WELCOME EVERY MEAL AS AN OPPORTUNITY TO CARE FOR MYSELF.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

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STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SPEND AT LEAST 15 MINUTES IN THE SUN DAILY (WITH SUNSCREEN).

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I ATTRACT POSITIVE OUTCOMES INTO MY LIFE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

VOLUNTEER IN YOUR COMMUNITY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND JOY IN THE LITTLE MOMENTS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENGAGE FULLY IN ONE TASK AT A TIME.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM KIND TO MYSELF IN EVERY THOUGHT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

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STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

GO FOR A BRISK 30-MINUTE WALK DAILY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE THE GIFT OF RESTFUL NIGHTS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LISTEN TO NATURAL SOUNDS TO RELAX.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I GIVE MYSELF PERMISSION TO SLOW DOWN.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SCHEDULE REGULAR "ME-TIME."

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE THE JOY OF FOOD AS NOURISHMENT.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE FORGIVENESS TO LIGHTEN YOUR LOAD.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TAKE TIME TO ENJOY EACH MEAL FULLY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

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STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

HOST A VIRTUAL CATCH-UP SESSION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I CREATE BOUNDARIES TO PROTECT MY SLEEP TIME.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LIMIT SOCIAL MEDIA USE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY WAKING UP TO A NEW DAY FEELING REFRESHED.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

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STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DEDICATE ONE DAY TO UNPLUG FROM TECHNOLOGY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR THE SUPPORT SYSTEM THAT SURROUNDS ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DO A BODY SCAN FOR TENSION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CREATE A BALANCED LIFE THAT HONORS MY WELL-BEING.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

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STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE A MANTRA TO KEEP CENTERED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I COMMUNICATE OPENLY AND AUTHENTICALLY WITH OTHERS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

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STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CREATE A CALMING EVENING ROUTINE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM THE CREATOR OF MY SUCCESS AND HAPPINESS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

KEEP A JOURNAL TO EXPRESS YOUR THOUGHTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE THE PAST AND FOCUS ON THE PRESENT MOMENT.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EXPERIMENT WITH DIFFERENT HERBS AND SPICES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR EVERY EXPERIENCE THAT SHAPES ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



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TIPS

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Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LISTEN DEEPLY TO OTHERS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TAKE TIME TO EXPLORE AND ENJOY THE OUTDOORS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ADD LEAFY GREENS TO EVERY MEAL.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST THAT I AM ALWAYS MOVING IN THE RIGHT DIRECTION.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

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Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

HYDRATE YOUR SKIN WITH MOISTURIZER.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LET GO OF STRESS AS I CONNECT WITH NATURE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FOCUS ON SOUNDS AROUND YOU.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TAKE CARE OF MY BODY AS I PURSUE MY DREAMS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

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STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

JOIN A LOCAL SPORTS TEAM OR CLUB.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RADIATE GRATITUDE FOR ALL I HAVE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SURROUND YOURSELF WITH POSITIVE INFLUENCES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I PRIORITIZE WHAT MATTERS MOST TO ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

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Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

GO BAREFOOT ON GRASS TO GROUND YOURSELF.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR THE LESSONS THAT SUCCESS TEACHES ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PLAN MEALS TO INCLUDE BALANCED NUTRIENTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LET GO OF FEAR AND EMBRACE ACTION.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

OPT FOR LEAN PROTEIN SOURCES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FEEL ACCOMPLISHED WITH EVERY STEP I TAKE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE MINDFUL EATING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CREATE HEALTHY HABITS THAT SERVE ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

REMEMBER: IT'S OKAY TO SAY NO.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I GIVE MYSELF PERMISSION TO NAP WHEN NEEDED.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DEDICATE WEEKENDS FOR REST AND HOBBIES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR THE ABUNDANCE OF HEALTHY CHOICES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

RECOGNIZE AND CHALLENGE NEGATIVE SELF-TALK.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I DRINK PLENTY OF WATER TO KEEP MY BODY HYDRATED.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

REASSESS GOALS AND ELIMINATE WHAT'S UNNECESSARY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM WORTHY OF HEALTHY AND FULFILLING FRIENDSHIPS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

AVOID ALCOHOL CLOSE TO BEDTIME.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CREATE A PEACEFUL BEDTIME ROUTINE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EXPLORE ECO-TOURISM OPTIONS FOR TRAVEL.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I PRIORITIZE QUALITY TIME WITH THE PEOPLE I LOVE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

STARGAZE ON A CLEAR NIGHT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM CONSISTENT IN CHOOSING FOODS THAT SERVE ME WELL.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE STRETCH BREAKS DURING WORK.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FOCUS ON WHAT I CAN CONTROL AND RELEASE THE REST.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LIMIT CAFFEINE INTAKE AFTER NOON.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WELCOME LOVE AND KINDNESS INTO MY LIFE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SPEND QUALITY TIME WITH LOVED ONES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FEEL CALM AND PEACEFUL AS I DRIFT TO SLEEP.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

MAKE TIME FOR A CREATIVE HOBBY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CREATE SPACE IN MY DAY FOR STILLNESS AND REFLECTION.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ORGANIZE A FAMILY GAME NIGHT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I MOVE WITH INTENTION AND JOY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CAMP UNDER THE STARS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND JOY AND SERENITY IN BEING PRESENT.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

JOIN A LOCAL WALKING GROUP.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I NURTURE RELATIONSHIPS THAT BRING ME JOY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ATTEND LOCAL CULTURAL OR MUSIC EVENTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I MAKE TIME FOR MOVEMENT BECAUSE I DESERVE IT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EAT THE RAINBOW WITH VARIED VEGGIES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I VALUE MY REST AS MUCH AS MY PRODUCTIVITY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE GRATITUDE JOURNALING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM WHOLE, EVEN AS I GROW.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EAT MINDFULLY, SAVORING EVERY BITE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE CHANGE WITH OPEN ARMS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

GET A MASSAGE OR SELF-MASSAGE WITH ESSENTIAL OILS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE MY PROGRESS TOWARD HEALTHIER EATING HABITS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE A MENTAL HEALTH DAY WHEN NEEDED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CREATE A SANCTUARY FOR SLEEP.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRY A NEW VEGETABLE EACH WEEK.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY EVERY STEP OF MY FITNESS JOURNEY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

OBSERVE YOUR SURROUNDINGS WITHOUT JUDGMENT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST MYSELF TO MAKE CHOICES THAT ALIGN WITH MY VALUES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ALTERNATE BETWEEN CARDIO AND STRENGTH TRAINING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FALL ASLEEP WITH EASE AND WAKE UP WITH JOY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

COLLECT LEAVES OR ROCKS DURING WALKS AND MAKE CRAFTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I BALANCE AMBITION WITH SELF-COMPASSION.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

RECONNECT WITH NATURE WHEN FEELING OVERWHELMED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE THE PRACTICE OF DEEP BREATHING TO CENTER MYSELF.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

REGULARLY REVIEW COMMITMENTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FUEL MY BODY WITH VIBRANT, FRESH FOODS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SPEND QUALITY TIME WITHOUT GUILT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CHERISH THE TIME I SPEND WITH MYSELF.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

HAVE A DIGITAL DETOX WEEKEND.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I MAKE MINDFUL CHOICES WHEN IT COMES TO EATING.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FIND TIME FOR RELAXATION TECHNIQUES DAILY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE THE NEED FOR PERFECTION IN MY WORKOUTS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SCHEDULE REGULAR HEALTH CHECK-UPS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I AM PATIENT WITH MYSELF AS I FORM HEALTHY HABITS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRIORITIZE TASKS EFFECTIVELY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE CHALLENGES IN MY FITNESS ROUTINE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DEDICATE A DAY TO DIGITAL-FREE CREATIVITY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I SLEEP DEEPLY AND WAKE UP RESTORED.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EXPLORE GUIDED MEDITATIONS ONLINE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND PEACE IN SLOWING DOWN AND APPRECIATING EACH MOMENT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

AVOID OVERCOMMITTING YOUR SCHEDULE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR THE ENERGY I HAVE TO MOVE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TREAT YOURSELF TO YOUR FAVORITE BOOK OR MOVIE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM OPEN TO NEW IDEAS AND OPPORTUNITIES.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

INCORPORATE HEALTHY FATS LIKE AVOCADOS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND JOY IN THE LITTLE MOMENTS THAT MAKE LIFE BEAUTIFUL.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRY A WHITE NOISE MACHINE IF RESTLESS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE THE NEED TO OVERTHINK BEFORE BED.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE RESISTANCE BANDS TO SWITCH THINGS UP.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM RESILIENT IN THE FACE OF CHALLENGES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

JOIN ONLINE FORUMS FOR INTERESTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR THE GIFT OF LIFE TODAY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE SMALL STEPS TOWARD YOUR BIGGEST DREAMS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND JOY IN CONNECTING WITH OTHERS AUTHENTICALLY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TREAT YOURSELF TO A CUP OF HERBAL TEA.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CHERISH THE QUIET MOMENTS BEFORE SLEEP.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EXPRESS APPRECIATION TO THOSE AROUND YOU.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I SAVOR EACH MEAL AS AN ACT OF SELF-CARE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

MAKE EXERCISE A FUN FAMILY ACTIVITY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR THE COMFORT OF MY BED.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EXPLORE DIFFERENT PARKS IN YOUR AREA.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I DESERVE TO SEE THE FRUITS OF MY LABOR.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PREP HEALTHY SNACKS TO AVOID TEMPTATION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HONOR MY BODY'S CIRCADIAN RHYTHM.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE SHORT MEDITATION BREAKS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I SURROUND MYSELF WITH INSPIRATION DAILY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DEDICATE TIME TO SPIRITUALITY IF MEANINGFUL.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I HONOR MY BODY THROUGH REGULAR EXERCISE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

KEEP A CONSISTENT WAKE TIME.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I INSPIRE OTHERS BY PURSUING MY DREAMS AUTHENTICALLY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

VISIT A FLOWER GARDEN.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE THE SMALL WINS IN MY FITNESS PROGRESS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRY FOREST BATHING (SHINRIN-YOKU).

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I BALANCE NOURISHMENT AND PLEASURE IN MY EATING HABITS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BE KIND TO YOURSELF DURING TOUGH TIMES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST MY INTUITION TO GUIDE ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FOCUS ON POSTURE-IMPROVING EXERCISES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I BREATHE DEEPLY AND INVITE CALMNESS INTO MY NIGHT.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

REVIEW YOUR GOALS MONTHLY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I ALLOW MYSELF TO RELAX FULLY EACH EVENING.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENJOY FRUIT AS A NATURAL DESSERT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND STRENGTH IN MY CONNECTIONS WITH OTHERS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PICK WILDFLOWERS (IN ALLOWED AREAS).

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND BEAUTY IN EVERYDAY MOMENTS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE TAI CHI FOR MINDFULNESS AND MOVEMENT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I DEFINE SUCCESS ON MY OWN TERMS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

COLLECT ROCKS OR SEASHELLS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM MOTIVATED TO STAY ACTIVE FOR MY HEALTH.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE SAYING NO GRACEFULLY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE THE DAY'S WORRIES BEFORE BED.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DRINK CALMING HERBAL TEAS BEFORE BED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM PATIENT WITH MYSELF AS I BUILD STRENGTH AND ENDURANCE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

GIVE GENUINE COMPLIMENTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM CALM AND CONFIDENT IN MY DECISIONS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENGAGE IN GENTLE YOGA FOR RELAXATION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE ALL EXCUSES AND MAKE TIME FOR MOVEMENT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DANCE IN YOUR LIVING ROOM!

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM IN TUNE WITH MY EMOTIONS AND HANDLE THEM WITH CARE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SEEK PROFESSIONAL HELP WHEN NEEDED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I GIVE MYSELF PERMISSION TO PAUSE AND RECHARGE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

INCORPORATE BALANCE EXERCISES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE THE FLOW OF LIFE WITH EASE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRY AROMATHERAPY TO SOOTHE STRESS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I FIND STRENGTH IN THE STILLNESS OF THE FOREST.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE SHORT NAPS WHEN NEEDED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE THE JOY OF OUTDOOR ACTIVITIES.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE CALMING SCENTS LIKE LAVENDER IN THE EVENING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I APPRECIATE THE HEALING POWER OF THE NATURAL WORLD.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BATCH COOK HEALTHY MEALS TO SAVE TIME.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE MOMENTS OF STILLNESS IN NATURE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

AVOID PROCRASTINATION BY BREAKING TASKS DOWN.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FOCUS ON HOW EXERCISE MAKES ME FEEL, NOT JUST HOW I LOOK.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

REFLECT AND REALIGN ON YOUR PRIORITIES REGULARLY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST MY BODY TO REGULATE ITS NEED FOR REST.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

KEEP A NATURE JOURNAL WITH SKETCHES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I USE MY TIME AND ENERGY WISELY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CREATE A NEW FAMILY TRADITION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I GIVE MYSELF PERMISSION TO SAY NO.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ATTEND AN OUTDOOR FITNESS CLASS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM PATIENT WITH MYSELF AS I GROW.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CHECK-IN WITH DISTANT FAMILY MEMBERS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM CONSISTENT IN MY EFFORTS TOWARD MY GOALS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

WATCH AND DOCUMENT INSECTS OR BUTTERFLIES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HONOR MY BODY'S NEED FOR REST.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SHARE RANDOM ACTS OF KINDNESS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM THE ARCHITECT OF MY DESTINY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

STAY FLEXIBLE, PLANS MAY NEED ADJUSTMENT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I RELEASE GUILT AROUND FOOD AND EMBRACE MODERATION.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE YOUR MEDITATION PRACTICE OUTDOORS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LET GO OF STRESS AROUND MEAL PLANNING.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PARTICIPATE IN A COMMUNITY CLEAN-UP.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I SLEEP PEACEFULLY, KNOWING I AM CARED FOR.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SLOW DOWN EATING; SAVOR EVERY BITE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I AM AT PEACE WITH THE RHYTHM OF MY DAYS AND NIGHTS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

NOTICE SEASONAL CHANGES AND THEIR BEAUTY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I BALANCE INDULGENCE WITH MINDFUL EATING.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE SHORT HOME WORKOUTS ON BUSY DAYS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CHOOSE FOODS THAT SUPPORT MY MENTAL CLARITY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DEDICATE TIME TO A GUIDED MINDFULNESS SESSION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CHERISH MOMENTS OF QUIET AND RENEWAL.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

RECONNECT WITH AN OLD MENTOR.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LISTEN TO MY BODY AND EAT WHEN I'M HUNGRY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EMBRACE CHANGE AS AN OPPORTUNITY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LET GO OF WHAT I CANNOT CHANGE BEFORE SLEEP.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

VOLUNTEER WITH A LOCAL CAUSE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY EVERY BITE OF THE FOOD I EAT.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

JOURNAL ABOUT YOUR DAY'S POSITIVE MOMENTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR MY DETERMINATION.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FOCUS ON ONE SENSORY EXPERIENCE (E.G., SOUND).

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE MY SMALL WINS EVERY DAY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CELEBRATE CULTURAL OR HERITAGE DAYS WITH OTHERS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I VISUALIZE MY SUCCESS AND MAKE IT HAPPEN.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SET CLEAR BOUNDARIES BETWEEN TASKS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST THE PROCESS OF MY JOURNEY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CREATE A BEDTIME RITUAL TO WIND DOWN.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WAKE UP FEELING REFRESHED AND ENERGIZED.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SEEK GUIDANCE WHEN OVERWHELMED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I MAKE TIME TO STRETCH AND CARE FOR MY MUSCLES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

WALK BAREFOOT ON SAND FOR RELAXATION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE NEW OPPORTUNITIES WITH ENTHUSIASM.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DOCUMENT NATURE WALKS THROUGH PHOTOS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I GIVE MYSELF THE CARE I FREELY GIVE OTHERS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DECLUTTER A SPACE IN YOUR HOME.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I DESERVE TO FEEL SAFE AND SECURE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LIMIT EVENING LIGHT EXPOSURE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST MY BODY TO GUIDE ME IN EXERCISE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DEDICATE TIME FOR HOBBIES WITHOUT INTERRUPTIONS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LOVE HOW EXERCISE STRENGTHENS MY MIND AND BODY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

AVOID MULTITASKING FOR MAXIMUM FOCUS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CHOOSE TO ACT WITH INTEGRITY AND PURPOSE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FOCUS ON WHOLE GRAINS OVER PROCESSED CARBS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM KIND TO MYSELF, EVEN ON CHALLENGING DAYS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

JOIN A CLUB OR GROUP THAT INTERESTS YOU.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR THE FOOD THAT SUSTAINS ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

STAY CONSISTENT EVEN ON WEEKENDS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I SPEAK TO MYSELF WITH GENTLENESS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BALANCE INDULGENCE WITH HEALTHY LIVING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CREATE THE LIFE I DREAM OF EVERY DAY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FOCUS ON FIBER-RICH FOODS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY EATING FOODS THAT FUEL MY BODY AND MIND.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FLAVOR WITH SPICES INSTEAD OF SALT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM RESILIENT AND UNSTOPPABLE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SPEND TIME REFLECTING ON WORK-LIFE BALANCE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CREATE A COMFORTABLE AND CALMING SLEEP ENVIRONMENT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BE AWARE OF TRIGGERS AND RESPONSES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I APPROACH EACH NIGHT WITH GRATITUDE FOR REST.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENJOY MEALS WITHOUT DISTRACTIONS (E.G., NO SCREENS).

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE THE NEED FOR PERFECTION IN MY HABITS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SPEND TIME WATCHING A RIVER FLOW.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I BELIEVE IN MY ABILITY TO OVERCOME OBSTACLES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FOSTER RELATIONSHIPS WITH NEIGHBORS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM CONSISTENT IN MAKING SMALL, HEALTHY CHANGES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SUPPORT A FRIEND IN NEED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM MOTIVATED TO TAKE ACTION EVERY DAY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CREATE A BEDTIME AFFIRMATION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE ANY GUILT ABOUT NEEDING REST.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SNACK ON RAW VEGGIES WITH HUMMUS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I LET GO OF TENSION AS I PREPARE FOR SLEEP.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PLAN A WEEKEND CAMPING TRIP.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EXPLORE FOODS THAT BRING ME ENERGY AND SATISFACTION.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

REVISIT CHERISHED MEMORIES WITH FRIENDS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I NURTURE MYSELF WITH CARE AND RESPECT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CHOOSE WATER-RICH FOODS FOR HYDRATION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE PROGRESS, NOT PERFECTION.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DECLUTTER YOUR MENTAL SPACE WITH DEEP BREATHING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I SURROUND MYSELF WITH PEOPLE WHO UPLIFT ME.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SET UP A NO-WORK RULE FOR YOUR BEDROOM.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM WORTHY OF EVERY GOOD THING IN LIFE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CREATE A DAILY SCHEDULE THAT ALLOWS FLEXIBILITY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HAVE FAITH IN MY ABILITIES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE SOOTHING MUSIC TO RELAX BEFORE SLEEP.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FOCUS ON SOLUTIONS, NOT PROBLEMS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENSURE YOUR MATTRESS SUPPORTS PROPER ALIGNMENT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM CAPABLE OF ACHIEVING MY FITNESS GOALS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BRING PLANTS INTO YOUR HOME.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CHOOSE THOUGHTS THAT UPLIFT AND INSPIRE ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

HOST A POTLUCK DINNER.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM PROUD OF THE STRENGTH I AM BUILDING.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SAVOR FOOD SLOWLY, AVOIDING MULTITASKING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I CREATE SPACE FOR DREAMS AND RENEWAL.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EXPERIMENT WITH PLANT-BASED MEALS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR THE ENERGY MY FOOD GIVES ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

START EACH DAY WITH A NUTRITIOUS BREAKFAST.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TURN MY WEAKNESSES INTO STRENGTHS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LAUGH EVERY DAY; IT'S A GREAT STRESS-RELIEVER.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE THE ACT OF EATING AS A FORM OF SELF-LOVE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

KEEP AN EXERCISE JOURNAL TO TRACK PROGRESS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM A SOURCE OF ENCOURAGEMENT AND SUPPORT FOR THOSE I LOVE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRIORITIZE WHOLE FOODS OVER PROCESSED ONES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HAVE AN ABUNDANCE OF ENERGY AND DRIVE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DANCE LIKE NO ONE IS WATCHING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM ENOUGH JUST AS I AM.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

HAVE REGULAR CHECK-INS WITH YOURSELF ABOUT MENTAL HEALTH.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HONOR MY JOURNEY, NO MATTER WHERE I AM.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SUPPORT A FRIEND'S NEW ENDEAVOR.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE THE BEAUTY OF MY IMPERFECTIONS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DEDICATE TIME TO A CHARITY OR CAUSE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CHOOSE TO FOCUS ON WHAT BRINGS ME PEACE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

JOIN AN ART OR COOKING CLASS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM MY OWN BEST FRIEND AND ADVOCATE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

MAKE SALAD DRESSINGS AT HOME.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I APPRECIATE MY BODY AND ITS CAPABILITIES.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE FIVE MINUTES TO FOCUS ON SCENTS AROUND YOU.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I INVEST IN MY PHYSICAL AND MENTAL HEALTH.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

COMMIT TO WEEKLY STRENGTH TRAINING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WELCOME NEW CHALLENGES AS CHANCES TO GROW.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE DEEP BREATHING WHILE YOU STRETCH.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I MAKE TIME FOR ACTIVITIES THAT BRING ME JOY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CREATE A VISION BOARD FOR INSPIRATION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ALLOW MYSELF TO FEEL EVERY EMOTION FULLY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

GO BIRDWATCHING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RADIATE LOVE AND POSITIVITY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

REDUCE REFINED SUGAR INTAKE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM COMMITTED TO MY PERSONAL GROWTH.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CALL A FRIEND YOU HAVEN'T TALKED TO IN A WHILE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WAKE UP FEELING REFRESHED AND INSPIRED.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SCHEDULE ANNUAL MEDICAL APPOINTMENTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM EQUIPPED TO HANDLE LIFE'S CHALLENGES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE DEEP, INTENTIONAL BREATHS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I DESERVE TO FEEL WELL-RESTED AND REJUVENATED.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE A STANDING DESK AT WORK.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TURN MY DREAMS INTO REALITY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

MAINTAIN A CLUTTER-FREE BEDROOM.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I NOURISH MY BODY OUT OF LOVE, NOT RESTRICTION.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

VISIT A NATURE RESERVE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR MY HEALTH AND WELL-BEING.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRY INTERVAL TRAINING FOR EFFICIENCY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM ALWAYS LEARNING AND EVOLVING.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE YOUR WORKOUT OUTDOORS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST MYSELF TO MAKE HEALTHY CHOICES TODAY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

KEEP YOUR BEDROOM COOL, QUIET, AND DARK.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CAN DO HARD THINGS WITH GRACE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE BLACKOUT CURTAINS IF SENSITIVE TO LIGHT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ATTRACT SUPPORTIVE PEOPLE INTO MY LIFE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

GO FOR A BIKE RIDE ALONG A SCENIC ROUTE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM CONSISTENT WITH MY HEALTHY SLEEP HABITS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ESTABLISH A SOOTHING BEDTIME ROUTINE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE WHAT I CANNOT CONTROL.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRY A NEW FITNESS CLASS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE TECHNOLOGY TO PRIORITIZE REST.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CELEBRATE MILESTONES WITH OTHERS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ALLOW MY MIND TO UNWIND AS THE DAY ENDS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LIMIT SCREEN BRIGHTNESS AT NIGHT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM PROUD OF WHAT I ACCOMPLISH TODAY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

REDUCE SALT INTAKE IN COOKING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR MY BODY'S RESILIENCE AND GROWTH.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CULTIVATE A DAILY GRATITUDE RITUAL.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM PROUD OF MY PROGRESS, NO MATTER HOW GRADUAL.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE STAIRS INSTEAD OF ELEVATORS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CULTIVATE HAPPINESS FROM WITHIN.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE A PICNIC TO A QUIET SPOT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST THE PROCESS OF GROWTH AND TRANSFORMATION.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

INVEST IN A HOBBY THAT BRINGS JOY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HONOR MY HEALTH AS I PURSUE SUCCESS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CREATE A NATURE-INSPIRED ART PIECE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LET GO OF THE PAST AND FOCUS ON THE PRESENT.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

WEAR CLOTHES THAT MAKE YOU FEEL CONFIDENT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WELCOME LOVE AND CONNECTION INTO MY LIFE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE BEDTIME YOGA OR STRETCHING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I AM CONSISTENT, EVEN ON CHALLENGING DAYS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

AVOID LONG DAYTIME NAPS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR MY BODY'S ABILITY TO MOVE AND STRETCH.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

APPRECIATE MOMENTS OF STILLNESS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST THAT I AM ALWAYS SUPPORTED, EVEN IN CHALLENGING TIMES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

JOIN COMMUNITY EVENTS OR FAIRS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TAKE RESPONSIBILITY FOR MY HAPPINESS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

JOURNAL TO RELEASE THOUGHTS BEFORE SLEEP.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I VALUE SLEEP AS A CORNERSTONE OF MY WELL-BEING.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE MANTRAS TO STAY CENTERED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I DESERVE PEACE IN MY LIFE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

GO ON A BEACH WALK, COLLECTING INTERESTING SHELLS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WELCOME GROWTH IN ALL AREAS OF MY LIFE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PLAN SEASONAL ACTIVITIES LIKE APPLE PICKING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I PRIORITIZE MY MENTAL AND EMOTIONAL WELLNESS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LET GO OF REGRETS THROUGH ACCEPTANCE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM CONSISTENT IN MY EXERCISE ROUTINE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DETACH FROM NEGATIVE THOUGHTS WITH KINDNESS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I PRIORITIZE SPENDING

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LIMIT PORTION SIZES BY USING SMALLER PLATES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY CREATING MEALS THAT NOURISH MY WELL-BEING.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

APPRECIATE YOUR DOWNTIME, GUILT-FREE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST MY BODY TO TAKE THE REST IT NEEDS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EXPERIMENT WITH FERMENTED FOODS FOR GUT HEALTH.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE FEAR AND EMBRACE COURAGE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

HOST A STORYTELLING NIGHT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WAKE UP FEELING STRONG AND CAPABLE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SIT UNDER A TREE AND READ.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM STRONG, CAPABLE, AND FULL OF ENERGY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SHARE MEALS WITH FRIENDS AND FAMILY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FOCUS ON WHAT I CAN CONTROL.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

MEDITATE ON POSITIVE MEMORIES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I GIVE MY BEST EFFORT EVERY SINGLE DAY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRY A NEW SMOOTHIE RECIPE WITH GREENS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I GIVE MY BODY THE REST IT DESERVES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EAT NUTS AND SEEDS FOR HEALTHY FATS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RESPECT AND PROTECT THE EARTH AS A FORM OF SELF-CARE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SIT IN SILENCE EACH DAY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ATTRACT RELATIONSHIPS THAT UPLIFT AND EMPOWER ME.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

WORK ON YOUR BALANCE USING A STABILITY BALL.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND JOY IN THE PROCESS OF ACHIEVING MY GOALS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FOCUS ON BREATHING WHEN OVERWHELMED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM MINDFUL OF THE WORDS I SPEAK AND THE ENERGY I SHARE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EXPLORE PILATES FOR CORE STRENGTH.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST THAT EVERY EFFORT I MAKE BRINGS ME CLOSER TO SUCCESS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

AVOID LARGE MEALS BEFORE BED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND JOY IN SWEATING AND PUSHING MY LIMITS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EMBRACE YOUR ACCOMPLISHMENTS, BIG OR SMALL.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I MAKE TIME TO NURTURE MY RELATIONSHIPS WITH CARE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE A BREAK BY A BODY OF WATER.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FEEL GRATEFUL FOR THE PEOPLE WHO BRIGHTEN MY LIFE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LET GO OF INTRUSIVE THOUGHTS WITH BREATHING EXERCISES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE RELATIONSHIPS THAT NO LONGER SERVE MY HIGHEST GOOD.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

RESPECT PERSONAL BOUNDARIES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WELCOME HARMONY AND MUTUAL RESPECT INTO ALL MY RELATIONSHIPS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

AVOID PROCESSED FOODS WHEN POSSIBLE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE MOVEMENT AS A HEALTHY WAY TO RELIEVE STRESS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

AVOID SCREENS AN HOUR BEFORE BED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ATTRACT FRIENDSHIPS AND PARTNERSHIPS THAT ALIGN WITH MY VALUES.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ORGANIZE AN IN-PERSON GATHERING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST MY INNER VOICE TO GUIDE ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CREATE A REGULAR SLEEP SCHEDULE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND JOY IN PREPARING MEALS FOR MYSELF AND LOVED ONES.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SHARE MEANINGFUL CONVERSATIONS WITH LOVED ONES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE THE PEOPLE WHO BRING JOY TO MY LIFE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PLANT AND CARE FOR A GARDEN.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I SEE EXERCISE AS AN INVESTMENT IN MY FUTURE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EXPLORE A NEW HIKING TRAIL.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I GIVE AND RECEIVE LOVE FREELY AND GENEROUSLY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SEPARATE WORK FROM HOME LIFE WHERE POSSIBLE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I COMMUNICATE MY NEEDS AND FEELINGS WITH CLARITY AND KINDNESS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BALANCE WORK WITH HOBBIES YOU LOVE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I DESERVE RELATIONSHIPS THAT BRING ME PEACE AND JOY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

NAME AND ACCEPT YOUR EMOTIONS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I MAKE CHOICES THAT ALIGN WITH MY HEALTH GOALS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LEARN A NEW SKILL OR REVISIT AN OLD HOBBY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I LET GO OF WHAT I CANNOT CONTROL AND TRUST THE FLOW OF LIFE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

COOK MORE MEALS AT HOME.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I MAKE EXERCISE A PRIORITY BECAUSE I VALUE MY HEALTH.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE MINDFUL WALKING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE MY BODY'S CAPABILITIES EVERY DAY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE MEDITATION BEFORE SLEEP.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND FULFILLMENT IN DOING WHAT I LOVE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENGAGE IN ACTIVITIES THAT SPARK JOY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CULTIVATE PATIENCE AND UNDERSTANDING IN ALL SITUATIONS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE REGULAR BREAKS THROUGHOUT THE DAY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM CONFIDENT IN MY UNIQUE TALENTS AND ABILITIES.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DRINK MORE WATER.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY GIVING AND RECEIVING LOVE IN MY RELATIONSHIPS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

MAKE TIME FOR SELF-IMPROVEMENT BOOKS OR COURSES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HONOR THE BEAUTY OF EVERY TREE, FLOWER, AND STREAM.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BREAK LARGE GOALS INTO SMALLER, MANAGEABLE ONES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE LAUGHTER AND LIGHTHEARTEDNESS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

WATCH A SUNRISE OR SUNSET.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FEEL CALM AND BALANCED WHEN SURROUNDED BY NATURE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SWAP SUGARY DRINKS FOR HERBAL TEAS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE COMPARISON AND HONOR MY UNIQUE JOURNEY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

STRETCH FOR FLEXIBILITY IN THE MORNING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LOVE THE ENERGY EXERCISE BRINGS INTO MY LIFE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRY A CALMING SLEEP PODCAST.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM SURROUNDED BY PEOPLE WHO UPLIFT AND INSPIRE ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRY FISHING OR BOATING FOR A NEW EXPERIENCE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM ENOUGH, EXACTLY AS I AM.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SET A STEP GOAL AND TRACK YOUR DAILY PROGRESS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RESPOND TO CHALLENGES WITH CALMNESS AND CLARITY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LIMIT PROCESSED SNACKS IN THE PANTRY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FEEL GRATITUDE FOR MY BODY, MIND, AND SPIRIT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

WRITE A TO-DO LIST TO CLEAR YOUR MIND.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR THE SUNSHINE THAT WARMS MY SKIN.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE TIME FOR MINDFUL CONVERSATIONS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND PEACE IN THE PRESENT MOMENT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

INVEST IN COMFORTABLE SHOES FOR BETTER FOOT HEALTH.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I ATTRACT SUPPORTIVE AND POSITIVE PEOPLE INTO MY LIFE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BE AWARE OF HOW YOU SPEND ENERGY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE EXERCISE AS A CELEBRATION OF MY BODY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE POSITIVE AFFIRMATIONS DAILY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TREAT MY BODY WITH KINDNESS THROUGH THE FOODS I EAT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE A SLOW MORNING STROLL OUTDOORS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE BALANCE IN MY EATING HABITS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SET BOUNDARIES IN PERSONAL AND WORK LIFE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FEEL CONNECTED TO THE EARTH AND ITS RHYTHMS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SET ACHIEVABLE PERSONAL GOALS FOR THE WEEK.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM SURROUNDED BY LOVE AND POSITIVITY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BE AWARE OF YOUR EMOTIONS WITHOUT JUDGMENT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I FEEL REJUVENATED BY THE SOUNDS OF BIRDS AND RUSTLING LEAVES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE A LONG, RELAXING BATH.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR THE OPPORTUNITY TO LIVE MY BEST LIFE TODAY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE A MINDFUL WALK.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I RELEASE JUDGMENT AND EMBRACE COMPASSION FOR MYSELF AND OTHERS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE GRATITUDE RIGHT BEFORE BED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND JOY IN WALKING BAREFOOT ON THE GRASS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENGAGE IN CREATIVE EXPRESSION SUCH AS PAINTING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM PART OF THE CYCLE OF LIFE THAT NATURE EMBODIES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DO BODYWEIGHT EXERCISES AT HOME.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CHERISH THE MEANINGFUL CONNECTIONS I HAVE WITH OTHERS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE BREAKS FROM SOCIAL OBLIGATIONS WHEN NEEDED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CHOOSE FOODS THAT MAKE ME FEEL ENERGIZED AND STRONG.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

WALK INSTEAD OF DRIVE WHEN POSSIBLE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HONOR MY BODY BY EATING INTUITIVELY AND MINDFULLY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

STAY HYDRATED; CARRY A REUSABLE WATER BOTTLE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I REMAIN CALM AND COMPOSED UNDER PRESSURE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SEEK JOY IN THE SMALL MOMENTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY FINDING NEW WAYS TO STAY ACTIVE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRY PROGRESSIVE MUSCLE RELAXATION TO DRIFT OFF.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE COLORFUL, NUTRIENT-DENSE MEALS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

WATCH THE CLOUDS AND FIND SHAPES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY FINDING CREATIVE WAYS TO STAY HEALTHY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE 10 MINUTES EACH MORNING FOR QUIET REFLECTION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I APPROACH EACH DAY WITH CURIOSITY AND GRATITUDE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRAIN FOR A FUN RUN OR CHARITY RACE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM PROUD OF THE HEALTHY HABITS I'M BUILDING.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

START RUNNING INTERVALS IF YOU'RE A BEGINNER.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I STAY PRESENT AND GROUNDED IN THE HERE AND NOW.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SCHEDULE DOWNTIME FOR SELF-REFLECTION WEEKLY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FEEL A DEEP SENSE OF WONDER WHEN I LOOK AT THE STARS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

IDENTIFY AND PRIORITIZE YOUR VALUES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE EVERY MILESTONE, NO MATTER HOW SMALL.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TRY GROWING YOUR OWN HERBS OR VEGGIES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I APPROACH LIFE WITH A CALM AND OPEN HEART.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE TECHNOLOGY TO YOUR ADVANTAGE BUT DON'T BE A SLAVE TO IT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY FOODS THAT HELP ME THRIVE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CELEBRATE YOUR PROGRESS, NO MATTER HOW SMALL.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

FEEL PROUD OF MYSELF AFTER EVERY WORKOUT.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

START YOUR DAY WITH A 5-MINUTE WORKOUT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HAVE EVERYTHING I NEED TO SUCCEED.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

IDENTIFY AND ELIMINATE SOURCES OF UNNECESSARY STRESS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE THE PROGRESS I MAKE IN MY FITNESS JOURNEY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENJOY A QUIET EVENING OF REFLECTION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I PUSH FORWARD WITH CONFIDENCE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ORGANIZE YOUR PERSONAL SPACE FOR CLARITY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND PEACE AND GROUNDING IN NATURE'S BEAUTY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE HOUSEHOLD CHORES TO BOOST PHYSICAL ACTIVITY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE MINDFULNESS AS A DAILY PRACTICE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

INVEST IN QUALITY SLEEPWEAR AND BEDDING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY THE JOURNEY OF BECOMING HEALTHIER EVERY DAY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SMILE MORE OFTEN, EVEN DURING DIFFICULT TIMES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I INSPIRE OTHERS BY LEADING BY EXAMPLE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FOCUS ON WHAT YOU CAN CONTROL.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM FULLY PRESENT WHEN SPENDING TIME WITH LOVED ONES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PLAN A DAY TRIP JUST FOR YOURSELF.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE SELF-CARE AS A FORM OF SELF-RESPECT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

COOK MEALS WITH OLIVE OIL: HEART-HEALTHY FAT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I APPROACH EACH DAY WITH PURPOSE AND POSITIVITY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LEEP IN A DARK, COOL ROOM: PROMOTES BETTER SLEEP QUALITY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE THE ABUNDANCE THAT FLOWS INTO MY LIFE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DO STANDING LEG LIFTS: EASY TO INCORPORATE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM LEARNING TO ENJOY THE PROCESS OF MEAL PREP.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SET DAILY WATER GOALS: USE A CHART OR HABIT TRACKER.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I DESERVE HEALTHY AND MEANINGFUL CONNECTIONS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

KEEP A BALANCED SCHEDULE: PRIORITIZE REST, WORK, AND PLAY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE STILLNESS BEFORE SLEEP.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SPEND TIME WITH ANIMALS: PET THERAPY WORKS WONDERS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE STRESS AND INVITE CALMNESS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PLAY ACTIVE GAMES WITH KIDS: FAMILY FUN AND EXERCISE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY STAYING ACTIVE WITH OTHERS WHO MOTIVATE ME.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE BREAKS DURING THE DAY: REFRESH YOUR FOCUS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM A MAGNET FOR SUCCESS AND JOY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ADD PROTEIN TO EVERY MEAL: HELPS KEEP YOU FULL LONGER.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I USE SETBACKS AS STEPPINGSTONES TO SUCCESS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DRINK WARM WATER WITH LEMON IN THE MORNING: GOOD FOR DIGESTION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WELCOME ABUNDANCE AND JOY INTO MY LIFE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE SMALL PLATES FOR MEALS: HELPS CONTROL PORTION SIZES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND JOY AND GRATITUDE IN EVERY STEP I TAKE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

MEAL PREP HEALTHY SNACKS FOR THE WEEK: REDUCES TEMPTATION

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LET GO OF WHAT NO LONGER SERVES ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LIMIT SCREEN TIME IN THE EVENING: PREPARES YOUR BODY FOR REST.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST THE PROCESS OF BECOMING FITTER AND HEALTHIER.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE GRATITUDE EACH DAY: BOOSTS MENTAL WELL-BEING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I BREATHE IN FRESH AIR AND FEEL RENEWED.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SET A BEDTIME ROUTINE: SIGNALS YOUR BODY TO WIND DOWN.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CHOOSE HAPPINESS EVERY MORNING.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SWAP BUTTER WITH AVOCADO ON TOAST: ADDS HEALTHY FATS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FEEL STRONGER WITH EVERY WORKOUT I COMPLETE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SWAP WHITE RICE FOR QUINOA OR BROWN RICE: ADDS MORE FIBER

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CREATE A PEACEFUL AND CALMING ENVIRONMENT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SWITCH TO PLANT-BASED MILK ALTERNATIVES: ALMOND, OAT, OR SOY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I DESERVE TO TAKE UP SPACE IN THIS WORLD.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE A STANDING DESK PART-TIME IF AVAILABLE: REDUCES SITTING TIME.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FEEL GRATITUDE FOR THE NATURAL WORLD THAT SUSTAINS ME.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LIMIT PROCESSED FOOD INTAKE: OPT FOR WHOLE FOODS INSTEAD.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM WORTHY OF THE SUCCESS I ENVISION.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ADD TURMERIC TO MEALS: CONTAINS ANTI-INFLAMMATORY PROPERTIES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I DESERVE TO LIVE A LIFE OF ABUNDANCE AND JOY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

KEEP A GRATITUDE JOURNAL: BOOSTS MENTAL HEALTH AND FOCUS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST MY BODY TO GUIDE MY HUNGER AND FULLNESS

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

START MEALS WITH A SALAD: FILLS YOU UP WITH FIBER-RICH GREENS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I REMAIN FOCUSED ON WHAT TRULY MATTERS TO ME.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

KEEP A WATER BOTTLE AT YOUR DESK: ENCOURAGES HYDRATION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I STAY CONSISTENT AND DISCIPLINED.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

INCORPORATE A DAILY MULTIVITAMIN IF NEEDED: HELPS FILL NUTRITIONAL

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I USE SETBACKS AS OPPORTUNITIES TO GROW STRONGER.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

REFLECT ON PRIORITIES MONTHLY: ENSURE ALIGNMENT WITH GOALS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST THAT SUCCESS WILL COME IN ITS PERFECT TIMING.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

WRITE DOWN YOUR WORRIES: THEN SET THEM ASIDE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE REWARDING WORK AND CONSISTENCY AS MY ALLIES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LEARN A NEW SKILL: KEEPS THE MIND ENGAGED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ATTRACT OPPORTUNITIES THAT ALIGN WITH MY PURPOSE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TALK TO SOMEONE YOU TRUST: SHARE AND LIGHTEN THE LOAD.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HONOR MY BODY BY GOING TO BED ON TIME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SCHEDULE REGULAR FAMILY MEETINGS: OPEN COMMUNICATION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S POSITIVE AFIRMATION

I AM CAPABLE OF OVERCOMING ANYTHING IN MY WAY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FOCUS ON ONE DAY AT A TIME: REDUCES OVERWHELM.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RESPECT MY BODY BY GIVING IT THE NUTRIENTS IT NEEDS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SCHEDULE DATE NIGHTS: DEDICATE SPECIAL TIME FOR YOUR PARTNER.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ATTRACT POSITIVE ENERGY AND INSPIRING PEOPLE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SET BOUNDARIES: BE CLEAR ABOUT YOUR NEEDS AND EXPECTATIONS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND PEACE AND GROUNDING IN NATURE'S BEAUTY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENGAGE IN A HOBBY: SPEND TIME ON SOMETHING YOU LOVE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LET GO OF TODAY AND TRUST IN TOMORROW.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

KEEP A GRATITUDE JAR: ADD NOTES REGULARLY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM STRONGER THAN I REALIZE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

VISUALIZE YOUR GOALS: HELPS FOCUS AND REDUCE WORRY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I SURROUND MYSELF WITH PEOPLE WHO SUPPORT MY GOALS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE A MENTAL HEALTH DAY: REST AND RECHARGE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

VISUALIZE YOUR GOALS: HELPS FOCUS AND REDUCE WORRY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SURPRISE A LOVED ONE WITH KINDNESS: SMALL GIFTS OR NOTES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I PROTECT MY ENERGY FROM NEGATIVITY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

FOCUS ON SOLUTIONS, NOT PROBLEMS: SHIFTS MINDSET.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE CHALLENGES AS OPPORTUNITIES TO GROW.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LISTEN ACTIVELY: GIVE YOUR FULL ATTENTION DURING CONVERSATIONS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE EACH DAY AS A NEW OPPORTUNITY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SWIM FOR LOW-IMPACT CARDIO: GENTLE ON JOINTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM SUCCESSFUL BECAUSE I STAY TRUE TO MYSELF.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

JOIN A YOGA CLASS: IN PERSON OR ONLINE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TAKE CONSISTENT STEPS TOWARD MY DREAMS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SPEND QUALITY TIME WITH FRIENDS: MAKE AN EFFORT TO CONNECT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM PROUD OF THE PERSON I AM BECOMING.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BREAK LARGE TASKS INTO SMALLER STEPS: REDUCES OVERWHELM.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LISTEN TO MY BODY'S CRAVINGS FOR HEALTHY OPTIONS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SET REALISTIC GOALS: AIM FOR ACHIEVABLE MILESTONES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I SHOW UP FOR MYSELF EVERY SINGLE DAY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE TIME FOR LAUGHTER: WATCH A FUNNY MOVIE OR TALK TO A FRIEND.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND JOY IN HEALTHY EATING ROUTINES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

APOLOGIZE WHEN NECESSARY: TAKE RESPONSIBILITY FOR MISTAKES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM CAPABLE OF CREATING THE LIFE I DESIRE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LIMIT NEWS CONSUMPTION: TOO MUCH CAN INCREASE ANXIETY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I PRIORITIZE HOME-COOKED MEALS FOR MY HEALTH.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EXPRESS APPRECIATION DAILY: THANK LOVED ONES FOR SMALL ACTS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FORGIVE MYSELF FOR PAST MISTAKES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE SAYING NO: AVOID OVERCOMMITTING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND STRENGTH IN LETTING GO OF WHAT I CANNOT CHANGE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

BE HONEST AND OPEN: SHARE YOUR FEELINGS WITH THOSE YOU TRUST.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I PRIORITIZE SLEEP AS AN ESSENTIAL PART OF MY HEALTH.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE PROGRESSIVE MUSCLE RELAXATION: TENSE AND RELAX EACH MUSCLE GROUP.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY DISCOVERING NEW, HEALTHY RECIPES.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENGAGE IN ACTS OF SERVICE: HELP A FRIEND OR FAMILY MEMBER.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

APPROACH CHALLENGES WITH CURIOSITY AND PATIENCE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LIMIT MULTITASKING: FOCUS ON ONE TASK AT A TIME.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I ENJOY HEALTHY SNACKS THAT KEEP ME ENERGIZED.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE THE POMODORO TECHNIQUE: FOCUS FOR 25 MINUTES, THEN REST.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CAN ACHIEVE ANY GOAL I SET MY MIND TO.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

EAT OATMEAL FOR BREAKFAST: FIBER-RICH AND VERSATILE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FEEL GRATITUDE FOR THE HEALING POWER OF REST.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE REGULAR BREAKS: HELPS MAINTAIN ENERGY AND FOCUS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WELCOME BALANCE AND HARMONY INTO MY LIFE.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PLAN YOUR DAY THE NIGHT BEFORE: PRIORITIZE KEY TASKS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM CONFIDENT IN MY ABILITY TO ACHIEVE MY GOALS.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DECLUTTER YOUR WORKSPACE: PROMOTES CLEAR THINKING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I WELCOME THE ENERGY OF THE OCEAN, MOUNTAINS, AND FIELDS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

USE A TASK MANAGEMENT TOOL: DIGITAL OR PAPER PLANNERS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I LET GO OF SELF-DOUBT AND TRUST MY INNER WISDOM.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

IDENTIFY STRESS TRIGGERS: KEEP A STRESS JOURNAL.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE EACH SEASON AND ITS UNIQUE BEAUTY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DO A GRATITUDE CHECK-IN: FOCUS ON THE GOOD IN YOUR LIFE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I SLEEP SOUNDLY, KNOWING TOMORROW IS A NEW OPPORTUNITY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

INCLUDE CITRUS FRUITS FOR VITAMIN C: LEMONS, ORANGES, ETC.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FEEL LIGHTER AS I RELEASE STRESS AT NIGHT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

REFLECT AND REALIGN: ADJUST PRIORITIES AS NEEDED.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TURN SETBACKS INTO COMEBACKS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SET WEEKLY INTENTIONS: FOCUS ON SHORT-TERM GOALS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM ALWAYS GROWING, EVOLVING, AND THRIVING.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CELEBRATE ACHIEVEMENTS: RECOGNIZE SMALL WINS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM PRESENT IN THE MOMENT OF RELAXATION.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

TAKE MINI-VACATIONS: RECHARGE WITHOUT LONG BREAKS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE POSITIVITY IN ALL THAT I DO.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

JOURNAL YOUR THOUGHTS: CLARIFIES WHAT MATTERS MOST.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CREATE A LIFE FILLED WITH LOVE AND MEANING.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

GO FOR A SHORT WALK AFTER MEALS: AIDS DIGESTION.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HONOR MY BODY'S NEED FOR REST.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENGAGE IN MINDFUL ACTIVITIES: MEDITATION, YOGA, OR PAINTING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

EMBRACE REST AND RELAXATION WITHOUT GUILT.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENGAGE IN LIGHT EXERCISE BEFORE WORK: ENERGIZES AND FOCUSES.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I CELEBRATE THE BALANCE OF WORK, REST, AND PLAY IN MY LIFE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SAY NO WHEN NECESSARY: AVOID OVERCOMMITMENT.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I RELEASE GUILT AND EMBRACE FORGIVENESS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENGAGE IN CONTINUOUS LEARNING: TRY NEW CLASSES OR SKILLS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TRUST THAT I AM EXACTLY WHERE I NEED TO BE.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SWITCH OFF NOTIFICATIONS: REDUCE DIGITAL OVERWHELM.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I NOURISH MY BODY WITH WHOLESOME FOODS.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

DELEGATE TASKS WHEN POSSIBLE: ASK FOR HELP TO LIGHTEN YOUR LOAD.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I PRIORITIZE MY NEEDS AND HONOR MY BOUNDARIES.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

CONNECT WITH NATURE: GROUND YOURSELF IN NATURAL SURROUNDINGS.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I BREATHE IN LOVE AND EXHALE DOUBT.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ADD CINNAMON TO MEALS: CAN HELP REGULATE BLOOD SUGAR.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I EMBRACE REST AS A FOUNDATION OF MY HEALTH.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

REPLACE SODA WITH SPARKLING WATER: REDUCES SUGAR INTAKE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I APPRECIATE THE STILLNESS OF THE NIGHT.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

STAND UP AND MARCH IN PLACE WHILE ON PHONE CALLS: KEEPS YOU ACTIVE.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I TREAT MYSELF WITH KINDNESS AND COMPASSION.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

PRACTICE MINDFUL MOVEMENT: YOGA, TAI CHI, OR GENTLE STRETCHING.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I HONOR MY CONNECTION TO NATURE EVERY DAY.

SELF-CARE

WATER

10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES

1 cup=1 serving

FRUIT

1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

GET ENOUGH PROTEIN AT BREAKFAST: KEEPS YOU FULL LONGER.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM DESERVING OF DEEP, RESTFUL SLEEP.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

LIMIT ALCOHOL CONSUMPTION: MODERATION IS KEY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I FIND BALANCE BETWEEN REST AND ACTIVITY.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

SCHEDULE ANNUAL HEALTH CHECK-UPS: PREVENTATIVE CARE IS KEY.

DAILY GRATITUDE JOURNAL

DATE

TODAY I'M GRATEFUL FOR:

1.
2.
3.

TODAY'S POSITIVE AFIRMATION

I AM GRATEFUL FOR THE STRENGTH WITHIN ME.

SELF-CARE

WATER



10x 8oz glasses

PROTEIN

BREAKFAST LUNCH DINNER

20-30gm

VEGETABLES



1 cup=1 serving

FRUIT



1 medium fruit or 1 cup= 1 serving

TIPS

Include whole grains, beans, lentils and legumes and healthy plant-based fats.

Eat the Rainbow! 2/3 of your plate should be covered with all colors of the rainbow with vegetables and fruit.

Eat twice as many vegetables as fruit.

STRESS MANAGEMENT

- Deep Breathing
- Meditation
- Mindfulness
- Prayer

EXERCISE

Min. 30 minutes each day

DAILY TIP

ENGAGE IN LIGHT STRETCHING UPON WAKING: EASES MORNING STIFFNESS.



Yours In Health,

Dr. Helene Pulnik ND

www.pcnaturopathichealth.com

Disclaimer:
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