

Action Plan



1

Know your WHY

- That intrinsic motivation you have to make change
- You can always look back to your motivation to center your decisions
- Examples:
 - I want to be the Grandma who can play with her grandchildren!
 - I want to enjoy my retirement by traveling – I need to be mobile and strong!
 - I got my bloodwork back. I must change my lifestyle if I want to keep my life!

“I hear a lot of people say they would die for their loved ones.

...but would you LIVE for them?”

Consider a Theme for 2025

- Reframes questions, activities or choices - does it align to my theme?
- Examples
 - Efficiency
 - Minimalism
 - Time for those I love (including ME!)
- “A place for everything and everything in its place” Ally’s 2025 Theme
 - Organization, storage, decluttering in my house
 - 3 meals + 2 snacks – discreet occasions (avoid grazing)
 - Scheduled time for walking and resistance training
 - Set up bedroom for calm (sleep or unwind)

3

Understand the current state of play

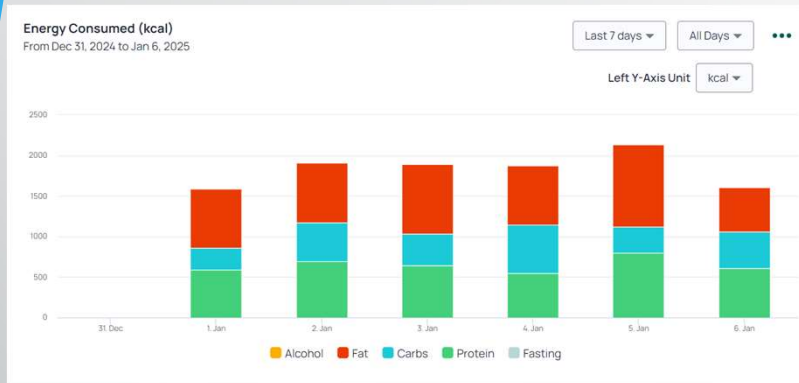
- Track current habits
 - Find habits you want to break
 - Habits you want to form
- Track your fuel (food diary) – if you want to make a nutrition change
 - It's hard to know where to go, if you don't know where you are

See habit
tracker
handout

I recommend Cronometer.
I use this with my nutrition clients.
Great for understanding calories and important
nutrients for women like Protein & Fiber



Tracking gives you information



Dec 31, 2024 to Jan 6, 2025

Energy Summary ?



Consumed



Burned



Over

Targets ?

Energy !	1952 / 1634 kcal	119%
Protein !	166.5 / 150.0 g	111%
Carbs !	148.0 / 78.0 g	190%
Fat !	94.9 / 80.0 g	119%



4

Develop a realistic plan

- SMART goals
- Small wins
- Focus on the system or process (not the end state)



5

Hold yourself accountable & iterate

- Share your goals with friend or coach
- Learn from failure, do not punish yourself
- CELEBRATE your wins.

Need Support?

Accountability + Intention + Movement Program (AIM)

- Weekly check-ins w/ Coach Ally: review progress vs. goals + 10-minute walking or movement
- Your goals can be anything – sleep, walking, food, meditation... anything!

Nutrition Coaching (REAL Life)

- Current nutrition assessment w/ recommendations (calories, types of food, goals, etc)
- Weekly food diary analysis using Cronometer
- Weekly check-ins w/ Coach Ally: review progress vs. goals + 10-minute walking or movement
- Recipes

Movement Coaching

- 1:1 or groups options