



# 5 to Thrive Challenge

## Week Three

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### Build Sustainable Habits

[www.heatherjose.com](http://www.heatherjose.com)

## Hello Friends!

Two weeks down. How is it going?

This is the time when it is easy to let those old habits take over. When we give up and call it good. Rather than doing that I would challenge you to adapt the challenge so that you can be successful. Anything that you add is a step toward better health.

As a reminder, if we introduce material and you have questions don't hesitate to reach out. You can email me at [mail@heatherjose.com](mailto:mail@heatherjose.com) or connect via messenger on Facebook or Instagram. We are also putting some short videos on YouTube, so check that out as well.

## Mindset: Self Talk

Sometimes I am surprised by how badly people talk about themselves, both when talking to others or in their thoughts. This week I want you to really think about the what it is that you are telling yourself. If you wouldn't say it to a friend, you shouldn't be saying to yourself. Your thoughts are so powerful, and we rally can alter our future with them so use them for good.

This doesn't mean that you have to be positive all of the time. It means that you don't speak badly about yourself and you challenge thoughts that cause you fear, worry, and negativity. You already have some tools ready to go with your affirmations.

So your challenge this week is to listen to what you are telling yourself and if need be, change them to be helpful rather than hurtful.

# Fitness: Move (a little more)

We are increasing the time that you are moving and lifting again this week. Move for 15 minutes 6 days of the week and lift something heavy for 10 minutes on 6 days a week. However, if you prefer to lift less days and for longer time, that is fine. I am currently lifting 3 times a week for about 20 minutes each time.

I shoot for 7500 steps 6 days a week and lifting upper/lower/core twice a week. I try to win the week by lifting full body on Monday, and doing an upper and lower with some core two other days that week. Do whatever works for you. If Sunday is a better day to get it in that is fine. If your weeks change like mine do, schedule each week out ahead of time and be real with yourself. If you aren't sleeping well and you hate mornings, don't make your schedule be 5 am sessions. (Yes, I am talking about myself here.)

Think about how you can add in little movement breaks too. 5-10 minute at a time add up as the day goes on.

## Nutrition: Snacks and Water

This week let's continue last week's challenge to add fruits and vegetables, and make a veggie forward dinner one night as well. In addition, find a few snacks that help you add fiber and plants to your diet. Yes, that could be popcorn, but it could also be chocolate dipped bananas (or other fruit), or hummus and veggies. There are so many options!

As far as water goes, if 32 ounces is going well, try to double that this week. For me that means being a little more intentional about taking more than a sip at a time. I oftentimes will count to ten while drinking water. I also try to have 32 ounces in by noon. Setting little goals keeps me on track for the day, and keeps me from having to get up to go to the bathroom at night.

## Medical & Support:

From a medical standpoint this week, follow up or make the calls that you said you were going to last week. I find it's never as easy as I want it to be.

As far as support goes, with two weeks of the challenge already done, think about what is working and where you are falling short. Do you need help with

childcare? Is getting to the store hard? Think about the problems and ask for help.

## We are proud of you!

Remember why you signed up for this and what you want for yourself. Change is hard, but so is staying the same. Keep going!

# 5 TO THRIVE WEEK 3

## CHECKLIST

	M	T	W	T	F	S	S
Post/Review Affirmation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Move for 15 Minutes (6/wk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lift Something Heavy for 10 minutes (6/wk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat 2 Fruits or Veggies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a Veggie Forward Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink 64 ounces Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check your Self Talk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evaluate Your Challenges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make your own: -----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## NOTES


