



# 5 to Thrive Challenge

## Week Five

---

### Build Sustainable Habits

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

## Oops!

I completely forgot to put out this week's challenge information. Last week I was traveling and I got it done, and this week... it completely slipped my mind. Sorry about that. It's here now. And like like with the challenge, if you screw up, you start again. So here we are.

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 those out if you want: [ImStillHereCancer](https://www.youtube.com/channel/UCmStillHereCancer)

## Mindset: Reevaluate

This week your challenge is to look at all of the things you are doing and tweak them as needed. What is working? What are you not doing and want to be? It is necessary to make a plan in order to get things done. Write it down if needed.

What are your thoughts on affirmations so far? Have you found some that resonate with you? How about meditations? I have been listening as I fall some nights. I found a sleep mask that has headphones in it that I have been using.

## Fitness: Move

We are increasing the time that you are moving again this week. Move for 25 minutes 6 days of the week and lift something heavy for 15 minutes on 6 days a week. Or, if you don't want to lift 6 days a week, alternate it with stretching, balance, flexibility every other day. If you like yoga you could try Yoga with Adriene on YouTube. She has a million videos that are easy to follow.

# Nutrition: Prep Your Meals

Since you are getting this late, you can push this to next week if needed, but as you go through the week, think about what meals would work well to prep ahead of time. Over the weekend, try meal prep. I use a combination of prepared food and things I make to accomplish this. I usually prep breakfast, lunch, and 2-3 dinners. With the dinners, prep might look like having all the ingredients and sticking them in the fridge, or cooking the protein so that part is done.

One of my favorite breakfasts lately has been a simple recipe of 1 egg, 1 banana,  $\frac{1}{3}$  cup oats, 1 tablespoon of my chia/hemp/flax seed, and berries (frozen is fine, I tend to use a lot of them). Mix it all up and bake at 350 degrees for about 15 minutes. You can make as much as you want. I find it's a great way to use up bananas. I usually bake it in a bread pan or an 8 x 8 baking dish depending on how much I make.

Water goal: 64 ounces each day. If you are doing this aim for half of your body weight.

## Medical & Support:

What do you need to continue to build sustainable habits? This week it's up to you to do them.

The Checklist has blank spots for you to fill in on your own this week. Use it as you like.

## See you next week!

# 5 TO THRIVE WEEK 5

## 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 25 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lift/Stretch 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"/>
Eat Fruits or Veggies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink ounces of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## NOTES


