

WELCOME

Feel Better in 7 Days

THIS 1 WEEK FOCUS ALLOWS YOU TO INTEGRATE KEY PILLARS OF HOLISTIC HEALTH INTO YOUR DAILY LIFE. EACH DAY BUILDS ON THE NEXT, SO DAY 1 YOU FOCUS ON WATER, DAY 2 YOU FOCUS ON REST AND WATER, DAY 3 YOU FOCUS ON FOOD AND REST AND WATER. FEEL FREE TO PRINT THESE PAGES AND WRITE ON THEM OR USE THEM AS PROMPTS FOR A JOURNAL ENTRY IF YOU NEED MORE SPACE.

DAY 1

Feel Better in 7 Days

WATER



DAY 1

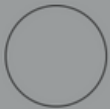
Water

GOAL: 80 OUNCES OF WATER

AM



80Z WITH A SQUEEZE OF LEMON



8 OZ



80Z



80Z

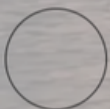


80Z

NOON



80Z WITH CUCUMBER SLICES



80Z



80Z



80Z

BEDTIME



80Z

DAY 2

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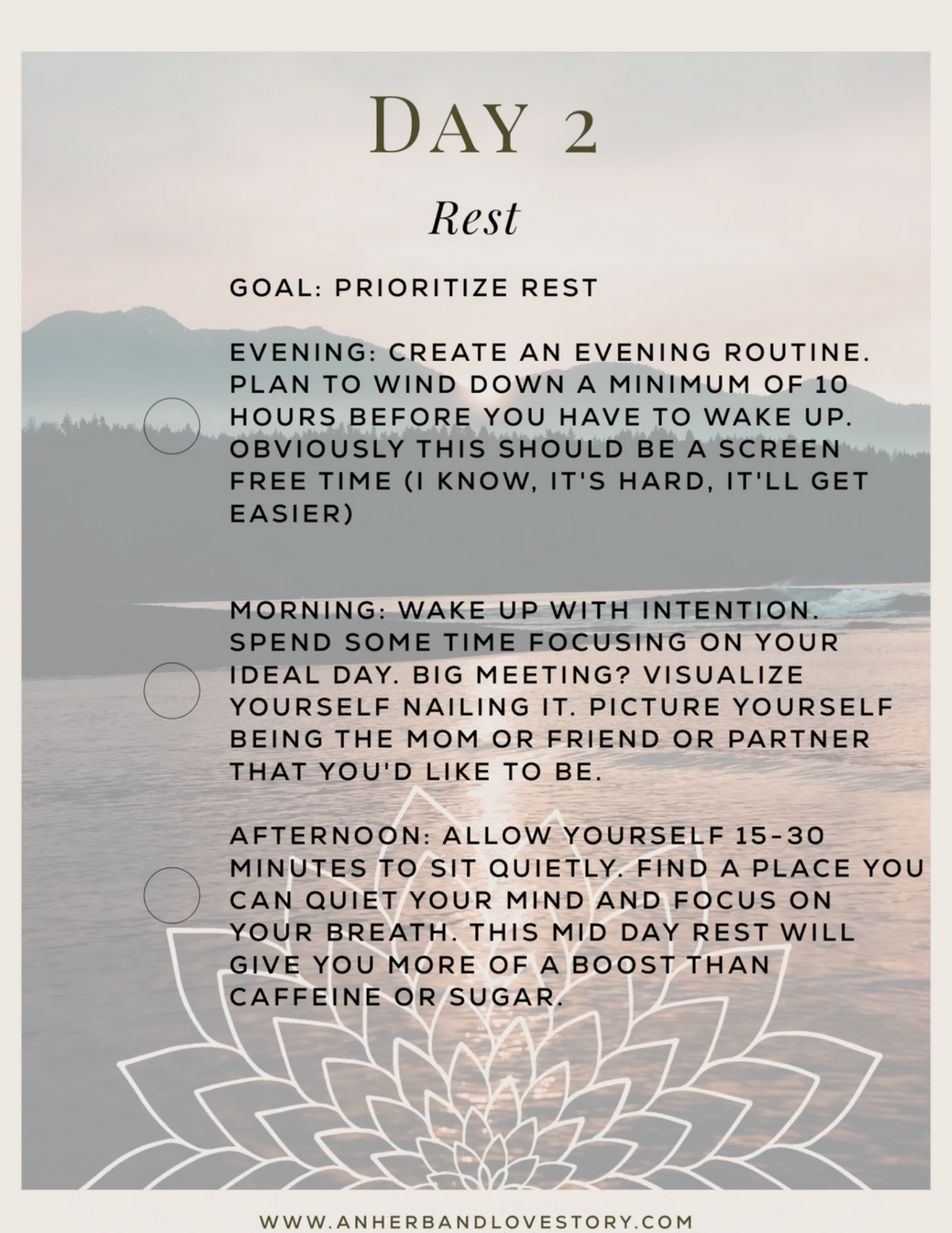
REST





DAY 2


Rest

GOAL: PRIORITIZE REST



 EVENING: CREATE AN EVENING ROUTINE. PLAN TO WIND DOWN A MINIMUM OF 10 HOURS BEFORE YOU HAVE TO WAKE UP. OBVIOUSLY THIS SHOULD BE A SCREEN FREE TIME (I KNOW, IT'S HARD, IT'LL GET EASIER)

 MORNING: WAKE UP WITH INTENTION. SPEND SOME TIME FOCUSING ON YOUR IDEAL DAY. BIG MEETING? VISUALIZE YOURSELF NAILING IT. PICTURE YOURSELF BEING THE MOM OR FRIEND OR PARTNER THAT YOU'D LIKE TO BE.

 AFTERNOON: ALLOW YOURSELF 15-30 MINUTES TO SIT QUIETLY. FIND A PLACE YOU CAN QUIET YOUR MIND AND FOCUS ON YOUR BREATH. THIS MID DAY REST WILL GIVE YOU MORE OF A BOOST THAN CAFFEINE OR SUGAR.

DAY 3

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PROCESSED FOOD
DETOX



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DAY 3

Processed Food Detox

GOAL: REDUCE PROCESSED FOOD AS MUCH AS POSSIBLE.

EAT FRESH FOOD AT EACH MEAL. BERRIES OR APPLES AND OATS AT BREAKFAST. SALAD AND LOADS OF VEGGIES AND SEEDS AT LUNCH. AT DINNER FILL YOUR PLATE WITH WHOLE FOODS-VEGGIES, BEANS, NUTS, ETC.

AVOID: CHIPS, CRACKERS, COOKIES, PREMADE FOODS-IF IT COMES IN A BAG OR WRAPPER- TRY TO FIND A BETTER OPTION. THE MORE EFFORT YOU PUT INTO THIS, THE MORE NOTICEABLE YOUR RESULTS WILL BE.





DAY 4

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MOVEMENT

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DAY 4

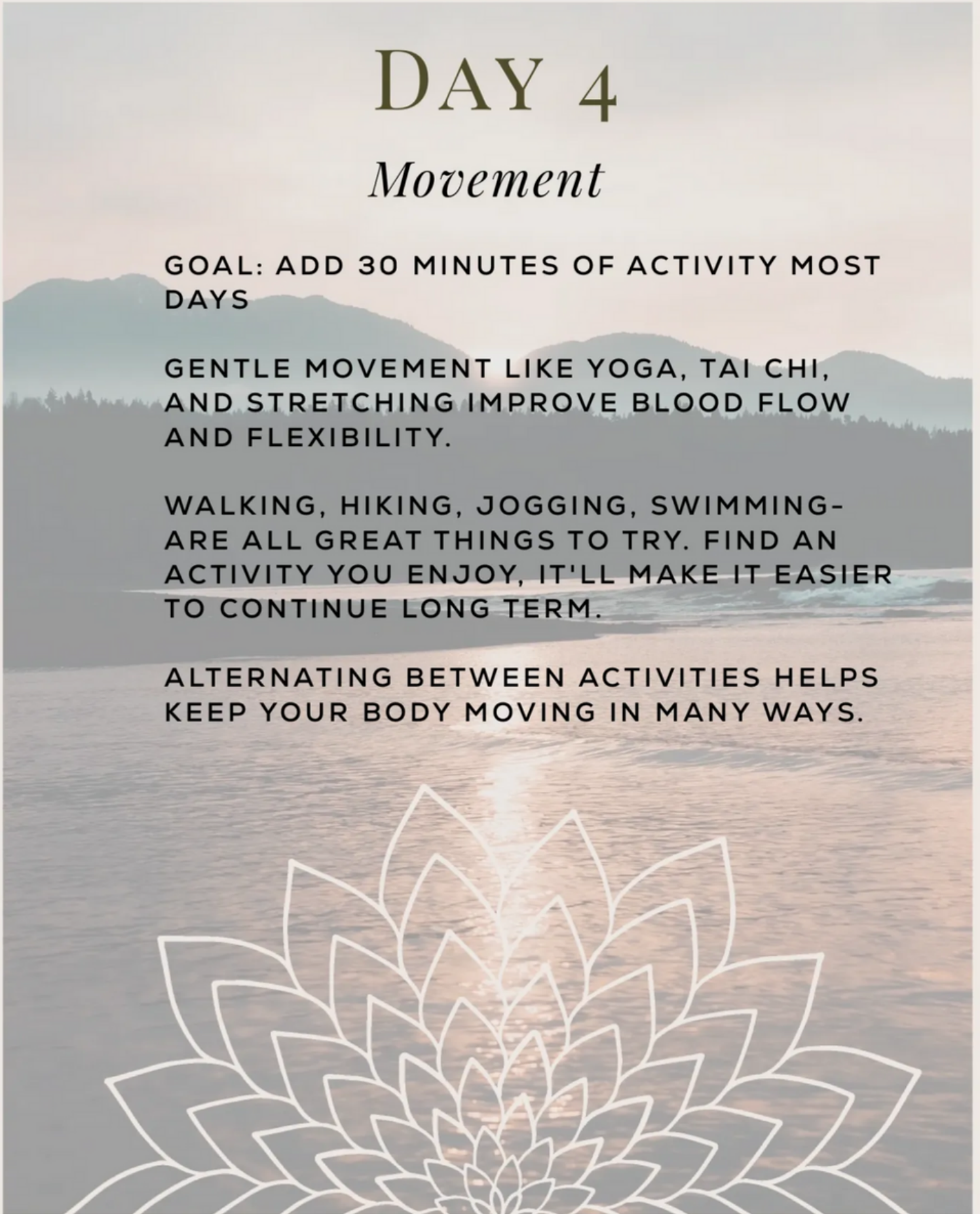
Movement

GOAL: ADD 30 MINUTES OF ACTIVITY MOST DAYS

GENTLE MOVEMENT LIKE YOGA, TAI CHI, AND STRETCHING IMPROVE BLOOD FLOW AND FLEXIBILITY.

WALKING, HIKING, JOGGING, SWIMMING- ARE ALL GREAT THINGS TO TRY. FIND AN ACTIVITY YOU ENJOY, IT'LL MAKE IT EASIER TO CONTINUE LONG TERM.

ALTERNATING BETWEEN ACTIVITIES HELPS KEEP YOUR BODY MOVING IN MANY WAYS.





DAY 5

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MIND

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DAY 5

Mind

UNCOVER AND CHALLENGE LIMITING
BELIEFS

PROMPT ONE: I KNOW I CAN MEET MY
HEALTH GOALS BECAUSE:

PROMPT TWO: I KNOW I WILL SELF
SABOTAGE (OR BE CHALLENGED) BY:

PROMPT THREE: I CAN SOLVE FOR THIS
AHEAD OF TIME BY:

DAY 6

Feel Better in 7 Days

DIG DEEPER



DAY 6

Dig Deeper

WHAT END RESULT ARE YOU LOOKING FOR
IN YOUR HEALTH.

IS IT A STRONG AND ABLE BODY TO
ADVENTURE WITH?

ENERGY TO THRIVE AS A PARENT AND
TRULY ENJOY YOUR KIDS?

A LONG AND ACTIVE LIFE?

FREEDOM FROM MEDICATIONS AND
PHYSICAL LIMITATIONS?

MORE TIME WITH YOUR GRANDCHILDREN?



DAY 7

Feel Better in 7 Days

EVALUATE AND
KEEP GOING



DAY 7

Evaluate and Keep Going

LOOK BACK ON EACH GOAL FOR
THE LAST 6 DAYS. ANSWER THESE
PROMPTS FOR EACH ONE:

WHAT IS GOING WELL?

WHAT ISN'T GOING WELL?

I STILL NEED MORE INFORMATION
OR HELP WITH:

YOU DID IT

Do you feel better?

OFTEN WE HAVE BEEN IN UNHEALTHY PATTERNS FOR YEARS, EVEN DECADES. IT WILL TAKE TIME TO ALLOW YOUR BODY TO HEAL. CONTINUING THIS BASIC PROCESS WEEK AFTER WEEK WILL ALLOW YOU THE FOUNDATION OF A HEALTHY LIFESTYLE. IF YOU ARE READY TO FURTHER YOUR HEALTH JOURNEY VISIT

[HTTPS://ANHERBANDLOVESTORY.COM/ITS-TIME](https://anherbandlovestory.com/its-time)

