

7 Day Guide to Forming Better Habits for Weightloss

DAY

1

DAY

2

DAY

3

DAY

4

DAY

5

DAY

6

DAY

7

NUTRITION

Sip More Water

NUTRITION

Add 1 extra serving of fruit & 1 extra veggie today

NUTRITION

Rethink your snacks

NUTRITION

Track what you eat

NUTRITION

Prep your grocery list

NUTRITION

Mentally prepare for slip-ups

NUTRITION AND FITNESS

Get 7-9 hours of sleep

FITNESS

Take a 10 Minute Walk 3x

FITNESS

Master a bodyweight move

FITNESS

Keep Your Intensity Low

FITNESS

Do a full-body workout

FITNESS

Focus on How you Breathe

FITNESS

Challenge yourself