

# August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 ITALIAN MEATBALLS, MARINARA SAUCE W/ BELL PEPPERS, & PASTA	2 LEFTOVERS	3 COCONUT SOUP	4 LEFTOVERS	5 GREEK BOWLS	6 LEFTOVERS	7 COWBOY CAVIAR
8 LEFTOVERS	9 BEEF SQUASH STEW	10 LEFTOVERS	11 CHILLI VERDE	12 LEFTOVERS	13 OUT	14 BEEF BOURGINION
15 LEFTOVERS	16 TACOS	17 LEFTOVERS	18 PAD THAI	19 LEFTOVERS	20 CARNE ASADA	21 LEFTOVERS
22 29 CHICKEN IN WINE SAUCE	23 30 LEFTOVERS	24 31 BALSAMIC CHICKEN	25 LEFTOVERS	26 STEAK	27 STEAK SALAD	28 ZUPPA TOSCANO
LEFTOVERS	GREEK BOWLS	LEFTOVERS				

## BACK UP MEALS

BREAKFAST- TURKEY BACON, EGGS W/ FROZEN SPINACH, PANCAKES

FROZEN SLOW COOK OR SMOKER MEALS

FROZEN STIR FRY VEGGIES WITH HIGH PROTEIN PASTA

FROZEN BURGERS AND SALADS/FRESH VEGGIES

OUT- POKE BOWL/SUSHI, SUBWAY, PANERA, CHIPOTLE, ZUPAS, GREEK



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## CONCEPT OF THE MONTH: SMALL STEPS



**NUTRITION:** START SLOW... IT ISN'T A RACE TO FINISH, IT'S A JOURNEY TO FALL IN LOVE WITH SO IT LASTS!

**\*\*\*CHALLENGE:** ADD 1 MORE CUP OF VEGGIES/DAY



**FITNESS:** FOCUS ON HOW IT FEELS AFTER IT'S DONE. BECOME ADDICTED TO THAT FEELING. ALLOW THAT FEELING TO MOTIVATE YOU EVERY TIME YOU EXERCISE!

**\*\*\*CHALLENGE:** PINPOINT 1 FEELING YOU LOVE ABOUT COMPLETING A WORKOUT AND FOCUS ON IT BEFORE YOU START EACH EXERCISE SESSION



**MENTAL HEALTH:** EVERYTHING YOU ARE EXPOSED TO AFFECTS YOUR MIND AND, THEREFORE, YOUR ATTITUDE AND MINDSET

**\*\*\*CHALLENGE:** PICK ONE POSITIVE SOURCE OF INSPIRATION AND START CONSUMING IT 5 OR MORE MINUTES A DAY AFTER AN ALREADY ESTABLISHED HABIT (EX: BRUSHING YOUR TEETH)



**ENVIRONMENTAL HEALTH:** OUR SURROUNDINGS AFFECT US!

**\*\*\*CHALLENGE:** PICK ONE AREA FOR IMPROVEMENT IN YOUR HOUSE THIS MONTH. BRAINSTORM A SOLUTION AND MAKE IT HAPPEN!



**SPIRITUAL HEALTH:** IF YOU DON'T THINK ABOUT WHAT YOU'RE DOING, YOU WON'T BECOME THE PERSON YOU WANT TO BE.

**\*\*\*CHALLENGE:** PICK A ROUTINE TIME AND METHOD TO REALIGN YOURSELF WITH YOUR WHO YOU WANT TO BE



**SOCIAL HEALTH:** DON'T JUST EXPECT GENEROSITY AND WISH FOR COMMUNITY- CREATE IT!

**\*\*\*CHALLENGE:** CHOOSE A WAY TO GIVE BACK AND DO IT!



**INTELLECTUAL HEALTH:** GET EXCITED ABOUT SOMETHING YOU CREATE!

**\*\*\*CHALLENGE:** CHOOSE A HOBBY AND GIVE YOURSELF A PROJECT TO COMPLETE THIS MONTH!



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## Challenge Checklist

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**NUTRITION GOAL:**

\_\_\_\_\_ CUPS OF VEGGIES/DAY

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**EXERCISE GOAL:**

THE POST-WORKOUT FEELING I WANT TO FOCUS ON IS:

\_\_\_\_\_

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**MENTAL HEALTH GOAL:**

THE POSITIVE INSPIRATION I WILL SURROUND MYSELF WITH IS: \_\_\_\_\_

AND I WILL DO IT AFTER:

\_\_\_\_\_.

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**ENVIRONMENTAL HEALTH GOAL:**

THE AREA IN MY HOUSE THAT I WANT TO IMPROVE THIS MONTH IS: \_\_\_\_\_.

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**SPIRITUAL HEALTH GOAL:**

THE PRACTICE I WILL USE TO REALIGN MY LIFE WITH WHO I WANT TO BE IS: \_\_\_\_\_. I WILL DO IT \_\_\_\_ X/WEEK FOR \_\_\_\_ MINUTES.

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**SOCIAL HEALTH GOAL:**

THE WAY I AM GOING TO GIVE BACK TO MY COMMUNITY THIS MONTH IS:

\_\_\_\_\_

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**INTELLECTUAL HEALTH GOAL:**

THE HOBBY I AM GOING TO DO THIS MONTH IS: \_\_\_\_\_.

MY PROJECT WILL BE TO:

\_\_\_\_\_



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## HEALTH HACK OF THE MONTH:

### **\*\*HABIT STACKING\*\***

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What is it? Habit stacking is a tool used to hack our brain's desire to stick with the status quo by tacking a new habit onto an already existing one

How does it work? You pick a new habit you want to start (praying daily, going for a walk, flossing, stretching, etc), and you do it directly after an already established habit (breakfast, dinner dishes, brushing your teeth, showering, etc)

How does it help? Research shows that when we use habit stacking, we prevent our brains from going into overload (which they do when we add something new or change routines). We also are more likely to remember to engage in the new habit and continue it because we link it and associate it with something that is already established and comfortable in our lives.