

# September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 ITALIAN MEATBALLS W/ PASTA	2 LEFTOVERS	3 PASTA E FAGIOLI W/ GRILLED CHICKEN	4 LEFTOVERS
5 TACOS	6 LEFTOVERS	7 OUT	8 QUINOA TABOULI BOWLS	9 LEFTOVERS	10 BURGERS, FRIES, & SIDE SALAD	11 SAUSAGE GUMBO
12 LEFTOVERS	13 BEEF SQUASH STEW	14 LEFTOVERS	15 STEAK	16 STEAK SALAD	17 OUT	18 ZUCCHINI LASSAGNA
19 26 LEFTOVERS	20 27 CHICKEN IN WINE SAUCE	21 28 LEFTOVERS	22 29 GREEK BOWLS	23 30 LEFTOVERS	24 BREAKFAST	25 PULLED PORK
LEFTOVERS	BUFFALO CHICKEN SOUP	LEFTOVERS	ITALIAN SAUSAGE & PEPPERS	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: FALLING IN LOVE W/ A HEALTHY LIFESTYLE



**NUTRITION: FALL IN LOVE WITH VEGGIES THAT YOU ACTUALLY LIKE**

**\*\*\*CHALLENGE: FIND 2 NEW VEGGIE RECIPES YOU LOVE**



**FITNESS: FALL IN LOVE WITH THE PROCESS OF EXERCISING- IF THERE ISN'T AN EXERCISE YOU ENJOY, PAIR IT WITH SOMETHING YOU DO ENJOY TO MAKE THE OVERALL EXPERIENCE BETTER AND ONE YOU WANT TO REPEAT**

**\*\*\*CHALLENGE: FIND 2 THINGS YOU LOVE ABOUT EXERCISING AND/OR COMBINE 2 THINGS YOU ALREADY LOVE WITH EXERCISE**



**MENTAL HEALTH: FALL IN LOVE WITH BOOKENDING YOUR DAY WITH POSITIVITY!**

**\*\*\*CHALLENGE: PICK A POSITIVE SOURCE OF INSPIRATION TO CONSUME EVERY MORNING AND NIGHT TO START YOUR DAY WITH THE RIGHT MINDSET AND END IT WITH PERSPECTIVE**



**ENVIRONMENTAL HEALTH: FALL IN LOVE WITH A NEW SPACE IN YOUR HOME**

**\*\*\*CHALLENGE: PICK ONE AREA TO IMPROVE IN DÉCOR, REJUVENATION, OR TRANSFORMATION THAT YOU LOVE!**



**SPIRITUAL HEALTH: FALL IN LOVE WITH SETTING AND CHECKING IN ON GOALS FOR YOU LIFE IN EVERY AREA! THIS KEEPS YOU ON TRACK TO BECOMING THE PERSON YOU WANT TO BE AND A PERSON YOU LOVE!**

**\*\*\*CHALLENGE: SCHEDULE REGULAR APPOINTMENTS (WEEKLY) TO REVIEW YOUR GOALS- CREATE AN ENJOYABLE ATMOSPHERE, SO YOU WANT TO CONTINUE DOING THE CHECKS! SET A REMINDER ON YOUR PHONE SO YOU DON'T FORGET!**



**SOCIAL HEALTH: FALL IN LOVE WITH GIVING!**

**\*\*\*CHALLENGE: CHOOSE ANOTHER WAY TO GIVE BACK AND RECOGNIZE HOW GOOD IT MAKES YOU FEEL- CHOOSE SOMETHING THAT YOU CAN FALL IN LOVE WITH AND CONTINUE DOING!**



**INTELLECTUAL HEALTH: FALL IN LOVE WITH A HOBBY!**

**\*\*\*CHALLENGE: CHOOSE A HOBBY YOU ENJOY AND COMPLETE A PROJECT OR REGULARLY INCLUDE IT IN YOUR ROUTINE**

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## Challenge Checklist

**NUTRITION GOAL:**

**MY 2 VEGGIE DISHES I ACTUALLY ENJOY ARE:**

1) \_\_\_\_\_

2) \_\_\_\_\_

**EXERCISE GOAL:**

**THE 2 THINGS I ENJOY ABOUT EXERCISE OR ALREADY ENJOY AND CAN COMBINE WITH EXERCISE ARE:**

1) \_\_\_\_\_

2) \_\_\_\_\_

**MENTAL HEALTH GOAL:**

**MY MORNING SOURCE OF POSITIVITY WILL BE:**

\_\_\_\_\_.

**MY EVENING SOURCE OF POSITIVITY WILL BE:**

\_\_\_\_\_.

**ENVIRONMENTAL HEALTH GOAL:**

**THE AREA IN MY HOUSE THAT I WANT TO IMPROVE AND FALL IN LOVE WITH THIS MONTH IS:**

\_\_\_\_\_.

**SPIRITUAL HEALTH GOAL:**

**MY WEEKLY GOAL CHECKS ARE SET AS A REMINDER IN MY PHONE! THEY WILL BE AT: \_\_\_\_\_ ON \_\_\_\_\_.**

**I WILL CREATE AN ENJOYABLE ATMOSPHERE BY:**

\_\_\_\_\_.

**SOCIAL HEALTH GOAL:**

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

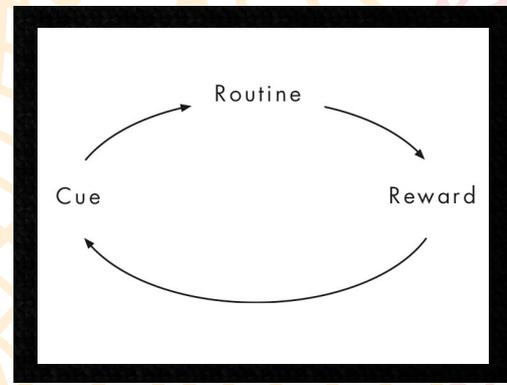
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**INTELLECTUAL HEALTH GOAL:**

**THE HOBBY THAT I LOVE THAT I AM GOING TO DO THIS MONTH IS: \_\_\_\_\_ MY PROJECT WILL BE TO: \_\_\_\_\_.**

\_\_\_\_\_.

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## HEALTH HACK OF THE MONTH: \*\*HACKING THE HABIT LOOP!\*\*

What is it? The "Habit Loop" is a psychology-based model that explains the general process our brains engage in whenever an adopted habit is prompted.

How does it work? Our brain is prompted with a "cue" that, in turn, signals the need for a "reward". The "routine" we do to get this reward is usually a habit. It can be bad or good.

How does it help? We can't hack the cue or reward that we desire because of it, but we can hack into the routine! If the routine is a bad habit (such as eating in response to stress order to feel happiness/relief), we can replace it with something similar (drinking coffee, tea, kombucha, chewing gum, drinking water, etc) and form a slightly different, but healthier habit (or "routine" in its place!