

i Immunity



ACTIVITY

How much activity do you do each day currently? _____

What type of activity do you do each week? Which are your favorites?

What are some activities that you have wanted to try, but maybe haven't yet?

Which one can you add into your schedule this week?

ACTIVITY

Take a look at your weekly and daily schedule. Where can you add in even just 15-20 minutes of activity each day?

Challenge your friends! A friendly challenge is a great way help yourself and them stay motivated to increase your exercise! Here are a few challenge suggestions:

Plank Challenge: Start at 30 seconds and increase ten seconds each day

Squat Challenge: Start at 20 squats and increase by 5 each day

Walking Challenge: This can be done indoors or out but is great to do with friends! Try a different location each time!

Wall Sit Challenge: Start at 20 seconds and increase by 5 each day

Crunch Challenge: Start at 15 and increase by 5 each day!

Just do ANYTHING Challenge: Sometimes the hardest part is to just get started! This is a great way to motivate each other to just try any activity each day!

Just remember to be supportive of each other during these challenges! Everyone is starting from a different place and everyone is a winner with increased activity!

NUTRITION

Make a grocery list of some of your favorite fruits and vegetables.

Make a list of local farms, farmer's markets, whole foods stores, etc. that you can purchase fresh organic produce at.

NUTRITION

Keep track of your food this week! It will help you to review later on where you could make adjustments and changes.

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	
Water	

SLEEP

Pick one of the following sleep habits to work on today!

1. Go to bed at the same time every night and wake up at the same time every morning.
2. Relax before you go to bed.
3. Avoid stress and arguments before bedtime.
4. Exercise daily.
5. Sleep in cool temperatures.
6. Keep the bedroom quiet.
7. Block the light.
8. Leave work, television and mobile electronics out of the bedroom.
9. Avoid large, heavy meals within three hours of bedtime.
10. Avoid caffeine within eight hours of bedtime.
11. Avoid alcohol.
12. Keep a sleep journal.
13. Sleep on a comfortable, supportive bed.
14. Keep your sleep area clean and free from allergens.
15. Check your medications to see if they cause trouble with your regular sleep cycle.
16. Go to the bathroom before you sleep.
17. Develop a morning routine.

Which of the habits did you choose and how will you the implement the new habit?

SLEEP

What is your current typical sleep routine at night (i.e., what you do before bed, what time(s), where you sleep, etc.)?

How many hours of sleep do you think you currently average a night? Do you feel rested when you wake up?

Think of some things you can do to relax before bed.

MINDSET

Choose one thing from the list to add into your regular daily routine:

- Start your day with a cup of lemon water with a sprinkle of cayenne powder
- Meditate, start with 5 minutes and work up to 25 minutes
- Exercise vigorously for 25 minutes
- Be grateful. Every morning list out as many things as you can that you are grateful for
- Eat small meals every 3 hours
- Read for an hour
- Write in a journal
- Make an extra effort to be kind
- Breathe
- Laugh
- Walk 10,000 steps
- Get outside for 20 minutes
- Drink 8-10 glasses of clean water
- Sleep 8-9 hours
- Practice contribution
- Use natural products
- Chew your food thoroughly
- Avoid overuse of alcohol, tobacco, sugar, caffeine
- Socialize

MINDSET

What are some negative labels you have given yourself? Some examples of common labels people give themselves are ugly, unworthy, stupid, etc.

How do those labels make you feel? Would you give a friend the same label?

MINDSET

Today, you will take the time to notice when you start to negatively label yourself or are overly critical of yourself. When you have a negative thought, write it down. Take the time to understand why you are having that negative thought. After you have written down that negative thought, think about if you overheard your good friend say that to themselves and how you would help them to rephrase it. Write out a rephrased version of your thought and repeat it to yourself.

Negative Thought	Rephrased Thought
<i>Example: I am so stupid for doing that.</i>	<i>Example: I do a lot of things really well. Every now and then, I might goof as everyone does but if I learn from it, then it wasn't a mistake.</i>

