

**SIMPLY SURVIVING TO
*TOTALLY THRIVING!***



CHALLENGE THREE - PART II



WELCOME TO YOUR 90 DAY CHALLENGE!

The way the challenge works..

There are 6 CHALLENGES.

Each challenge involves 2 parts...

Part I - INSTANT ACTION TAKING

Taking yourself through an exercise, a reading, a video, or making an upgrade to your routine.

Part II - IMPROVEMENT AND SUSTAINABILITY.

Continue taking action with the intention of making it consistent and more manageable. Act, review, improve, repeat.

Each WEEK, we release a part of the challenge.

At the end of each week, every challenger will update us on the action that they took or the improvements that they made.

Momentum... is everything.

Challengers succeed because they take action quickly, and fight to complete what truly matters to them on the deadlines.

Warning: These Challenges are easy, but not without constantly showing up.

They are covering...

- ✓ The 6 Pillars of Health
- ✓ Your Health Map
- ✓ The Defining Things that Shape Your Map
- ✓ Systemising your Nutrition
- ✓ Daily Habits to make Health Sustainable
- ✓ Hitting the Benchmarks for your version of Health
- ✓ High Performance Bio-Hacks

All of this, has one outcome...

A TOTALLY THRIVING YOU!



YOUR HEALTHY EATING STRATEGY

You're probably noticing how important nutrition is to your health and how many simple ways there are to improve it.

Over the last few weeks, we've covered the foundations of healthy eating, including mealtimes, macros, meal planning and prep, and gut health. Now it's time to bring it all together and create clarity around what is (or will be) your healthy eating strategy.

ACTION: See how much of this exercise you can complete without looking at the past few challenges. It will give you a good indication of how much you have cemented in your memory, and where your current gaps are (if any).

The faster you can complete this, the more certain you are about your nutrition system.

My daily meal times are: (see Challenge 2 Part I)

Breakfast:

Lunch:

Dinner:

Snack 1:

Snack 2:

Coffee/Tea:

Other:

Fasting window:



What is my macro breakdown? (see Challenge 2 Part I)

In every meal, I'm eating this amount of protein _____

In every meal, I'm eating this amount of healthy fat _____

In every meal, I'm eating this amount of complex carbohydrate _____

In every meal, I'm eating this amount of non-starchy vegetables _____



My Meal Prep Strategy (see Challenge 2 Part II)

I plan my meals for the week on _____

I do my weekly shop on _____

I prep my food (wash and chop veg, prepare smoothie mixes, cook a couple of meals in advance etc.) on _____



My Weekly Meal Plans (see Challenge 2 Part II)

- I have completed at least one meal plan and printed it out so I can use it once a month
- I have made a shopping list for this meal plan
- I have sourced a copy of someone else's meal plan and printed it out so that I now have 2 weeks of the months planned out!
- I have a shopping list for this meal plan

Circle your answer

Yes / Not Yet

Yes / Not Yet

Yes / Not Yet

Yes / Not Yet

Gut Health (see Challenge 3 Part I)

What's one thing I am committing to doing consistently to improve my gut health?

For example;

- Stick to recommended portion sizes
- Eat more veg
- Eat more variety
- Add fermented food into diet
- Eat more wholegrains
- Take a probiotic
- Drink more water (2L+ per day)



What's one thing I am committing to STOP doing that will constantly improve my gut health?

For example;

- o Overeating
- o Skipping meals
- o Eating processed food
- o Reducing alcohol intake
- o Eating refined sugars

Well done! Now you are so much more aware of your strengths and stretches!

No need to worry about how many gaps you have. Gaining awareness is the main outcome we are after here. If you're feeling disheartened by anything, rather than beating yourself up and focusing on the things that haven't been done yet, acknowledge that it's OK to be where you're at now. Really, truly.

Now shift your focus to the future. It's time to be proactive and own your results. You can strive forward simply by choosing ONE THING to commit to next.

What's the one gap you choose to work on this week?

TIP: Choose the one that you think will have the biggest impact and get you closer to optimal nutrition!



Which challenge relates to your chosen ONE THING?

Challenge 2 Part I? - Meal Times & Macros

Challenge 2 Part II? - Weekly Meal Planning

Challenge 3 Part I? - Gut Health

Review that challenge with the aim to improve on one thing. Remember, if you try and do things the same way that you did before, you will get the same outcome. If you want to know how you can approach it differently to get a different result, just reach out and let us know how we can help.