
THE

5 Day Healthy

HABIT GUIDE



Here is your Daily Habit Guide

Day 1

Commit to exercising at least 15 minutes a day. A rebounder is a perfect at home exercise plus this supports the lymphatic system to release toxins.

Write down what exercises you love doing

- 1.
- 2.
- 3.
- 4.
- 5.

Day 2

Step out of the office for 15 minutes and get some Vitamin D. Breathe in the fresh air. If you are a stay at home mom, take 15 minutes for yourself when the kids are napping or commit to going for a family walk.

Write down the days/times you will COMMIT!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Day 3

Eat with Intention. Eat foods that give you energy. Eat while sitting down. Chew our food 10-20 times. Enjoy every bite.

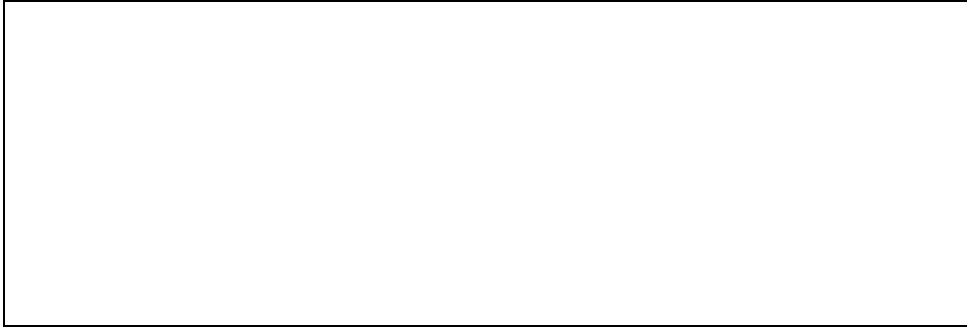
Write down the foods that fuel you daily.

- 1.
- 2.
- 3.
- 4.
- 5.

Day 4

Turn off the electrics. Create a sacred bedtime ritual. I love lavender in my diffuser and writing a gratitude list in my JOURNAL! :)

Write down your nighttime ritual.



Day 5

Create a daily habit calendar. They say it only takes 30 days to change a habit.

Step 1 is to create your daily schedule.

Step 2 is to put the calendar on your fridge, at work and keep a copy in your purse or briefcase.

Step 3 is to keep to your goals.