

30 DAYS OF **AWESOME**
GUIDE TO AWESOMENESS

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30 DAYS OF AWESOME OVERVIEW

30 Days Of Awesome is a 30-day journey exploring better habits for a better life. We'll start by examining what we want in life. We'll pursue our goals by removing habits that don't serve us and replacing them with habits that set us up to succeed. It's not about perfection. It's about taking **one step at a time toward better** – gradually practicing new habits that are sustainable and make you feel Awesome.

We start with the belief that you are inherently Awesome. Living an Awesome life starts with loving yourself and taking good care of your body – after all, it's the only one you've got. Caring for yourself will give you more positive energy, build your confidence and allow you to have healthier relationships and achieve your goals.

You are Awesome. Start treating yourself that way. Together we'll work on improving our physical and mental habits. The 4 main areas of focus in our physical life will be: Sleeping, Drinking, Eating and Moving. You'll set your own goals and work to gradually improve in each area in ways that are sustainable. We'll provide recommendations, education, motivation and encouragement along the way to help you achieve new levels of Awesomeness.

Recommendations for Maximum Awesomeness: The goal of 30 Days Of Awesome is growth. **Not perfect, but better.** You'll set your own goals with a focus on sustainability. Not 30 days of insanity, but 30 days of gradual progress that you can turn into 10,000 days of gradual progress. Small steps that add up to big change.

After lots of research and personal experiments, we've identified 4 "pillars" that are central to feeling (and therefore living) our best.

Sleep: 8 hours each night. Sound amazing? Sound impossible? You can do it! And it will feel awesome. Sleep is foundational and getting enough of it (every night) will set you up to succeed in every other area of your life. Remember, the goal is better. If you currently get less than 8 hours of sleep a night, we'll focus on adding 30 minutes a night in Week 1 to build momentum.

Water: Drink half of your body weight in ounces. So, if you weigh 150 pounds, your daily goal is 75 ounces of water. There are lots of reasons for this which we'll unpack during our journey. The benefits include more energy, improved mood, better digestion and less cravings.

Movement: Move 30 minutes each day. This does not require a gym membership. It does not require running if you don't like to run. We encourage you to find something that you enjoy that involves intentional movement, and do it 30 minutes a day. Walking counts and is a great place to start if other options seem intimidating. We'll start with 10 minutes a day in Week 1 and work our way up to 30 minutes of movement a day by Week 3. Amazing things happen in our minds and bodies when we are active. Whether you're a seasoned athlete or haven't "exercised" in a decade, we'll give you support and encouragement to make positive changes that will make you feel awesome.

Food: Eat 3 awesome meals each day. We'll focus on eating more Real Food while gradually reducing added sugars and other non-nutritious foods that don't serve us well. Again, it's a gradual process focused on sustainability. In Week 1 we'll focus on breakfast, Week 2 on lunch and Week 3 on dinner. By Week 4, we'll have built momentum by gradually making small improvements throughout our day that serve us better and make us feel more awesome.

We're all in this together! We're not perfect health and fitness gurus and don't expect you to be either. We believe our lives could be more awesome and we're inviting others with a similar sense and longing to join us.

You are Awesome! We are excited to journey with you toward living that way.

AWESOME AFFIRMATION

You. Are. Awesome.

We are SO excited that you are joining us for 30 Days Of Awesome! Let's start preparing our mindset for this journey...

You are already awesome. Perfect? Nope. Is there room for improvement? Yep. (*That's why you signed up, after all!*) Are you awesome already? You better believe it.

We'll be setting goals and working on new habits in our 30 days together. (*Yikes! What if I can't achieve my goals?!*) Let's take a deep breath. Self-improvement alone will always leave us feeling inadequate. We'll never "arrive" at perfection, so it's important to **love and accept ourselves now**, and at every point along the journey.

How can we prepare our mindset for these 30 awesome days?

1 – Start from a Place of Gratitude. It's OK to want to be better. It's good to strive for positive change. We will focus on **self-acceptance AND self-improvement**. Both. At the same time. Let's accept and appreciate where we are. Now. Celebrate your successes, but remember to be kind to yourself when you fall short of perfection.

#2 – Practice speaking Kindness. Bullying ourselves only holds us back from Awesomeness, so Be Nice. Our words create our reality. If you tell yourself you are Amazing... Enough... Smart... Focused... you will start to believe it. You can start today. First, choose an affirmation. Say it to yourself in the morning. In the evening. Say it when you look in the mirror and throughout your day. Here are some of our favorites:

I am Awesome.

I fully approve of who I am, even as I get better.

I receive all the good that life has to offer me.

I'm a great mom.

I'm a great husband.

I am whole and perfect the way I am.

Life is a miracle and I am grateful.

I am good to my body and my body is good to me.

I have the power to create change.

(Click [here](#) for more affirmations and mantras.)

We believe what we tell ourselves. Practice speaking kindness. It's a great foundation for creating positive change.

So, put on your positive pants right now – and each morning of our 30 days together. It'll be more fun and more successful that way!

We are thrilled to journey with you. You are awesome. Let's do this!

Cheering for you!

Necia and Jon Ornée

Team Awesome

30 AWESOME

WHY?

We hope you are excited about 30 Days Of Awesome! We know how tempting it can be to jump right in and start doing all the ‘good stuff’ when we’re excited. But **hold up for 5** minutes. There is an important step we don’t want you to skip: Establishing your **Why**.

Sometimes in the hustle of life, we don’t know **why** we’re working so hard. We forget who we are and what is really important. We wander aimlessly from one goal/diet/job/hobby/relationship or whatever to another.

You are an individual with specific values, priorities, and dreams. Considering your Why will uncover the heart of your decision to dedicate 30 days to exploring better habits. You will be more likely to engage in this experiment whole-heartedly, stay motivated, and create lasting change if you recognize the reason you’re doing it. Remembering your Why will help you stay grounded, energized, and pointing in the right direction in your journey.

We want you to remember that the goal of 30 Days Of Awesome is to make small, gradual changes that move you toward long-term, lasting change. **Better.** Not Perfect. **Growth.** Not Arrival. Establishing your Why is a key step in this journey of growth. It allows you to stay true to yourself and your desires for your life.

We invite you to try an exercise called “**The 5 Whys.**” There are no right or wrong answers here. You may or may not uncover something surprising or profound, but you will certainly find deeper understanding of yourself and your motivation, while shedding some light on your dreams (always an awesome thing!).

You can answer **The 5 Whys** in your head, but we recommend jotting them down. Simply answer each question in response to your answer from the question above it.

The 5 Whys

- 1) Why do I want to do 30 Days Of Awesome? _____
- 2) Why do I want that? _____
- 3) Why do I want that? _____
- 4) Why do I want that? _____
- 5) Why do I want that? _____

Write your final response down on a note card or slip of paper. Put it somewhere you will see daily as a reminder. Make it your mantra. For example, “*I am developing these new habits because... I want a life full of good energy, love, and joy.*” Or “*...because I want to live a long, productive, happy life.*” Or “*...because I want to be the Me I was created to be.*” Or whatever you end up with after doing The 5 Whys. Share your Why with a loved one, or with us on the [Facebook page](#).

BUDDY UP!

30 Days Of Awesome will be more fun and you'll have more success pursuing your goals if you share the journey with others. For that reason, we encourage you to **invite a friend**, family member or co-worker to join in the Awesomeness. A Buddy can offer support, encouragement and accountability.

The great thing about 30 Days Of Awesome, is that each individual sets their own goals. You don't need to share the exact same goal as your Buddy to support and encourage each other. Simply sharing your goals with a friend or group of friends and asking them for support and encouragement will **set you up for success**. Your buddy doesn't even need to do 30 Days Of Awesome themselves, but it would make it more fun. 😊

So what are you waiting for? Talk to your spouse, call a friend or send an email to a group of friends or family that you'd love to journey with. If the invite feels intimidating, keep it simple. Something along the lines of:

*"I signed up for **30 Days Of Awesome** because I'd like to develop a few better habits that make me feel awesome. I think you're awesome and I'd love to have you join me in the journey. Your support and encouragement would mean a lot to me, and I'd love to encourage you too."*

Who do you want to journey with? Your spouse? Best friend? Family members? Book club? Small Group? Co-workers? Invite them to join the fun. What's the **BEST** that could happen?

If a direct invite feels too intimidating, consider an open invite on social media. Simply post "I signed up for 30 Days Of Awesome! Who wants to join me?" and see who takes the bait.

If you feel like you're lacking support and encouragement from your family and friends, **we've got your back!** We'll be encouraging you daily via email and invite you to share your goals with like-minded Awesome-seekers on our [Facebook page](#).

SLEEP AWESOME

Recommendation for Maximum Awesomeness: **Sleep 8 hours each night.**

Getting enough sleep is critical to feeling awesome. Experts recommend 7-9 hours of sleep for adults (National Sleep Foundation, CDC, Mayo Clinic). Our own experiences, experiments and research lead us to recommend at least 8 hours of sleep for maximum awesomeness. We encourage you to do your own experimenting to determine how much you need to thrive.

If losing weight is one of your main goals, we highly recommend **starting** with getting enough sleep. Getting enough sleep improves your mood (*less emotional eating*), improves your energy (*more likely to exercise, less reliant on caffeine and sugar*), balances your hormones (*fewer cravings*), and of course if you go to bed earlier, you're less prone to late night snacking on empty calories.

Before setting any other goals, set yourself up to succeed: **get enough sleep.**

Read on to learn more about the importance of sleep as well as tips and tricks on how to get more. Then set your Week 1 goals and enjoy a little extra shut-eye 😊. Sleep. Is. Awesome.

SLEEP AWESOME

Recommendation for Maximum Awesomeness: **Sleep 8 hours each night.**

THE WHY

Sleep is what gets us through our days. Yet, many of us try to function on as little sleep as possible so we have more hours in the day. Sleep is a crucial time of total relaxation and restoration for our exhausted, hard-working bodies and minds. We need good-quality sleep to replenish energy stores, cleanse toxins, balance hormones, store memories, and for overall good health. Our days will be more Awesome if we give our bodies the sleep it deserves at night.

BENEFITS of getting enough sleep

- Improved memory and learning
- Balanced hormones to control appetite and cravings
- More energy to make better lifestyle choices: exercise, will power, etc...
- Better focus, clarity, creativity, and ability to solve problems
- Building & repairing muscles
 - Improved libido
 - Improved mood
- Improved immune system
 - Digestive rest
- Overall good health

CONSEQUENCES of not enough sleep

- Fatigue
- Weight Gain
- Depression
- Crabbiness
- Increased appetite
- Increased cravings
- Inflammation
- Hormone imbalance
 - Adrenal fatigue
 - Premature aging
- Increased risk of obesity, infection, insulin resistance, diabetes, cardio vascular disease and more

SAY WHAT?

1) One large 2-week study monitored the development of the common cold after giving people nasal drops with the virus that causes colds. They found that those who slept less than 7 hours were almost **three times more likely** to develop a cold than those who slept 8 hours or more.

2) Ever notice how when you're short on sleep you crave sugary foods that give you a quick energy boost? There's a good reason for that. Sleep deprivation has a direct link to overeating and weight gain. There are two hormones in your body that regulate normal feelings of hunger and fullness. Ghrelin stimulates appetite, while leptin sends signals to the brain when you are full. However, when you don't get the sleep you need, your ghrelin levels go up, stimulating your appetite so you want more food than normal, and your leptin levels go down, meaning you don't feel satisfied and want to keep eating. So, the less you sleep, the more food your body will crave.

3) A mentor of mine who is a counselor once told me that on a client's first visit, he listens to them and then always prescribes the same thing. He tells them to get 8 hours of sleep every night for the next 2 weeks and report back. He says that a majority of the time the new sleep habit solves or significantly reduces the client's issues.

THE HOW

Sleep is something that we all know is good for us, but we often under-value. Most of us would like more of it. Some of us think we get “enough”, but don’t realize the effect our lack of sleep is having on our mood, productivity and long-term health. If you’re currently getting less than 8 hours a night, or if you get 8 hours but still feel like you need more, the goal for Week 1 is to add 30 minutes a night. But how?

As with most goals, we’re sure to fail unless we have a plan. So make a plan and stick to it. Here are some tips, tricks and questions to consider while making your plan.

MAKE A PLAN

Work backwards. Decide what time you need to wake up and set your goal bedtime accordingly.

Turn off all electronics 30-60 mins before bedtime so your mind can calm down and prepare for sleep.

Start your bedtime routine 30 minutes before your goal time. If you need to be in bed by 10pm to get 8 hours of sleep, turning the TV off at 9:59 isn’t gonna work 😊

Develop enjoyable bedtime and morning routines that you look forward to. This helps us feel like going to bed “on time” or “early” is worth it.

Examples: Reading, exercising, journaling, yoga, meditation, sipping tea or coffee, listening to music.

PREPARE YOUR ENVIRONMENT

Keep all electronics out of the bedroom (TV, cell phones, laptops and tablets).

- *This will help your sleeping habits and relationships* 😊

Keep your bedroom cool and as dark as possible.

Invest in comfortable bedding.

Turn off or dim the lights in your house 60 minutes before bedtime.

PREPARE YOUR BODY

Avoid exercise late in the day.

- *Exercising earlier in our day aids in great sleep, but exercise in the evening can wind us up.*

Avoid daytime naps or limit them to 30 minutes or less.

Avoid caffeine, especially late in the day (no caffeine after 3pm).

Avoid alcohol, which can disrupt sleep stages.

Don’t drink too much fluid at night to lessen your need for bathroom trips.

Don’t go to bed on a full OR empty stomach. Go to bed 2-4 hours after dinner. Avoid nighttime snacking.

PREPARE YOUR MIND

Avoid stressful activities before bedtime (work, news, drama).

Reduce stress to help your mind and body relax at night.

-*Consider yoga, meditation or prayer during the day or before bed.*

-*If your mind is full at night, acknowledge the stressors by writing them down.*

You’ll be better able to problem solve in the morning after a full night’s rest.

Simplify. Weed out stressful things in your life.

YOUR SLEEP GOALS

Recommendation for Maximum Awesomeness: **Sleep 8 hours each night.**

Where are you at currently?

I currently get _____ hours of sleep at night.

Let's increase that one week at a time.

If you are getting less than 8 hours of sleep each night, make a plan for more.

For example: If you currently get 6 hours per night, increase that to 6 ½ hrs in Week 1, then 7 hrs in Week 2, 7 ½ hrs in Week 3, and 8 hrs in Week 4. If that seems overwhelming, then shoot for a 30-minute increase and sustain that for the 30 days. Remember, you set your own goals. Focus on gradual, achievable progress that you can continue beyond our 30 days together.

My Goal for **AWESOME** Sleep:

Week 1: _____ per night

How will you achieve your goal?

What time will you be in bed? _____

What time will you start your bedtime routine? _____

What time will you wake up? _____

Describe your new bedtime routine:

(Make sure it includes a reflection of gratitude)

Describe your new morning routine:

(Make sure it includes reminding yourself that you're Awesome 😊)

Envision how your increased sleep will improve your mood, energy, productivity and good vibes.

DRINK AWESOME

Recommendation for Maximum Awesomeness: **Drink half your weight in ounces of water (up to 100 oz).**

Example: If you weigh 160 lbs, aim to drink at least 80 oz of water per day.

Drinking enough water has tons of awesome benefits. Some experts recommend 125 oz of water for men and 91 oz for women (National Academies of Sciences, Engineering, and Medicine, CDC, The Institute of Medicine). Others, recognizing that different body types and sizes have different needs, recommend drinking half your weight in ounces. Our own experiences, experiments and research lead us to recommend the latter. We encourage you to do your own experimenting to discover what makes you feel the most awesome.

If losing weight is one of your main goals, we highly recommend drinking enough water. Drinking enough water improves your metabolism, staves off hunger, and improves your mood (*less emotional eating*). In addition, replacing caloric beverages (soda, coffee, juice, alcohol, etc...) with water eliminates empty calories from your diet. Generally speaking, the more water we drink, the less junk we consume. But don't take our word for it, do your own 30 day experiment and enjoy the results. 😊

Read on to learn more about the benefits of water as well as tips and tricks on how to make drinking enough fun and easy. Then rock your Week 1 goals and celebrate with sparkling water in a fancy glass. 😊 Water. Is. Awesome.

DRINK AWESOME

Recommendation for Maximum Awesomeness: **Drink half your weight in ounces of water (up to 100 oz).**

Example: If you weigh 200 lbs, aim to drink at least 100 oz of water per day.

THE WHY

Water is the foundation of life. It makes up about 60-75% of our body weight. Our brain is 85% water, and our blood is 80% water. We drink water because our body needs it to work properly. Every day we lose water through our breath, skin, and waste, so it is necessary to replenish our body's water supply – and not just when we feel thirsty. When we drink enough water, we tend to snack less, cutting out empty calories (and sugars) that don't serve our bodies well. Drinking water will make us feel awesome, and that's what we want!

BENEFITS of drinking enough water

- Mental clarity
- Improved mood
- Improved metabolism
- Weight loss (staves off/reduces hunger)
- Fewer calories than other beverages
 - Better exercise performance
 - Better digestion
 - Younger looking skin
- Circulation of nutrients in body
 - Improved organ function
- Release of toxins/cleansing of cells
- Regulated body temperature
- Reduced risk of some cancers

CONSEQUENCES of not enough water

- Headaches
- Fatigue
- Sugar cravings
- Lower cell function
- Backaches, joint pain
 - Crankiness
- Skin issues: dry skin, skin disorders, premature wrinkling.
- Digestive issues: IBS, constipation, heartburn, stomach ulcers.
 - Poor circulation
 - Kidney stones
- Increased blood pressure

SAY WHAT?

1) It's very difficult for our brains to distinguish the difference between thirst and hunger. If you're feeling hungry, there's a great chance that your body is actually needing and craving water. Skip the snacking and give your body what it actually needs.

2) Even mild dehydration can be harmful. In a study of young women, fluid loss of 1.36% impaired both mood and concentration, and it increased the frequency of headaches. A similar study of young men showed that fluid loss of 1.59% was detrimental to working memory and increased feelings of anxiety and fatigue.

3) Drinking water improves metabolism. In two studies, drinking half a liter (17 ounces) of water was shown to increase metabolism by 24-30% for up to 1.5 hours. This means that drinking 2 liters of water every day can increase your total energy expenditure by up to 96 calories per day.

4) In one study, dieters who drank half a liter of water before meals lost 44% more weight over a period of 12 weeks. Another study found that people who drank water before meals ate an average of 75 fewer calories at each meal. Multiply 75 calories by 365 days a year. Even if you only drank water before one meal a day, you'd consume 27,000 fewer calories over the course of a year. That's an eight-pound weight loss!

THE HOW

Make a plan, Stan. Choose a strategy that works for you, and stick to it. Here's what works for us.

Jon's Plan: I wake up every morning and fill up a pitcher with 75 ounces of water (I weigh 150lbs).

I then pour 20 oz of water in my water bottle and continue to refill my bottle throughout the day. I leave the pitcher on the counter or by my desk. It's a great visual reminder of where I'm at on my water goal for the day. If I'm feeling hungry, I glance at the pitcher to remind myself of how much water I've had. Often times when I'm feeling hungry, I'm behind on my water goal and realize I'm actually thirsty.

Necia's Plan: I start every morning with a hot water, lemon juice and cayenne concoction. After drinking that I fill up a 20 oz water bottle. I know I need to drink 3 full water bottles to meet my water goal. I aim to have the first one and a half gone before lunch and the 2nd one and a half gone before dinner.

OTHER STRATEGIES

- 1) Break your water goal into 4 parts. For example, if you need to drink 100 oz of water a day, aim for 10 oz before breakfast, 40 before lunch, 40 before dinner and another 10 after dinner.
- 2) Refill your water bottle every time you go to the bathroom.
- 3) Bring 2 full bottles of water with you to work (or on the go). Aim to have them gone by lunch time and refill them with the goal of drinking another 2 by the end of the day.

SPRUCE IT UP

Don't like water because you don't enjoy the taste of "nothing"? Spruce it up! Add a slice of lemon, lime, cucumber, orange - or throw in some berries. Jon enjoys strawberries or blueberries.

GET FANCY

If you miss your carbonated beverage at meal time or as a "night cap" try sparkling water. Be sure to choose a brand with no added sugar, like LaCroix or Belle Vie. Try drinking it out of a wine or beer glass to feel a little "fancy". No sugar and no calories makes it a great night cap alternative.

REPLACE OTHER BEVERAGES

If you typically drink soda, juice or alcohol, replacing those beverages with sparkling water can make a **HUGE** impact. You'll be cutting out hundreds of empty calories and avoiding the blood-sugar roller coaster. Sparkling water is also much easier on your liver. There are tons of naturally essenced flavor options these days, so you're sure to find one you like. Even if it's not your favorite right away, it'll likely grow on you with time. We love Lime, Passionfruit, and Grapefruit. Try some different flavors and experiment with cutting out (or reducing) soda, juice and most alcohol for 30 days. What's the **BEST** that could happen?

YOU DO YOU

As with all of your 30 Days Of Awesome goals, strive to make it as enjoyable as possible. The more you enjoy it and look forward to it, the more likely you are to adopt it as a long term habit. What makes drinking water enjoyable for you? A special glass? On ice? With a straw? Creating your own fruit-infused concoctions with a soda stream? Drinking it hot out of a mug? You do you. Just find a way to drink more water so that you can enjoy the awesome benefits.

YOUR WATER GOALS

Recommendation for Maximum Awesomeness: **Drink half your weight in ounces of water (up to 100 oz).**

Example: If you weigh 180 lbs, aim to drink at least 90 oz of water per day.

Where are you at currently?

I currently drink _____ ounces of water a day.

You can do better!

Choose a strategy that works for you. We recommend diving right in and making a plan to drink half your weight in ounces of water. It will help you achieve your eating goals (which we'll set soon 😊)

If that seems too daunting, aim to increase a little each week so that you're at Maximum Awesomeness by Week 4. Whatever you choose, make a plan and stick to it!

My Goal for **AWESOME** Drinking:

Week 1: _____ oz of water per day.

How will you achieve your goal?

Describe your new water drinking routine. What will your day of drinking water look like? When will you drink it? How will you measure it/keep track? What vessel will you be drinking from? Will you be eliminating or reducing other beverages (soda, juice, coffee, alcohol?)

Envision how your increased water intake will improve your mood, boost your metabolism and energy, manage your hunger and cravings, and improve your digestion.

MOVE AWESOME

Recommendation for Maximum Awesomeness: **Move 30 minutes each day.**

Moving our bodies regularly is hugely important and a key component to feeling awesome. It has as many benefits for our mood and mental health as for our physical well being. It improves the quality AND quantity of our days. Yet, many of us dread “exercise” or feel it’s impossible to find time to “go to the gym.” The key, then, is to focus on finding movement you enjoy that is convenient enough to include in your daily routine.

How much should we move? The Department of Health and Human Services and the American Heart Association both recommend at least 150 minutes of moderate aerobic activity per week (30 minutes, 5 times a week). But the daily benefits are so great (for mood and metabolism) that we recommend moving every day. Our own experiences, experiments and research have convinced us that daily activity is necessary for Maximum Awesomeness. As with every goal in 30 Days Of Awesome, we’re focused on small steps and gradual growth, so we recommend starting with 10 minutes of movement per day in Week 1 to gain momentum and not overdo it. You can increase your goal each week as you gain confidence, strength and endurance.

Read on to learn more about the importance of movement as well as tips and tricks on how to get more. Then set your Week 1 goals and enjoy all the mental and physical benefits. 😊 Moving. Is. Awesome.

MOVE AWESOME

Recommendation for Maximum Awesomeness: **Move 30 minutes each day.**

THE WHY

Moving our bodies is just plain good for us. It's what they were designed for! With appropriate amount of intentional movement during our day, we can improve our physical and mental health. Exercise helps us stay fit and can even improve our looks. Frequent movement makes us feel alive, supports positive mood and reduces stress.

BENEFITS of physical activity

- Reduced tension and stress
 - Improved mood
- Decreased depression & anxiety
- Increased energy and stamina
- Improved focus and productivity
- Healthier muscles, joints, bones
- Stronger sense of well-being
 - Better Sleep
 - Weight Loss
- Aging well & Living longer
- Activation of immune system
- Improved blood pressure levels
- Improved sexual function

CONSEQUENCES of inactivity

- Increased risk for disease:
 - Cardiovascular, diabetes, hypertension, high cholesterol
 - Metabolic rate slows
 - Weight gain
- Body uses food less efficiently
- Decrease in muscle mass
 - Digestive issues
- Increased risk of mental health issues:
 - depression, anxiety, lack of self esteem or self confidence
 - Feeling 'groggy' and lethargic
 - Poor sleep

SAY WHAT?

1) According to a 2012 study, a long-term investment in regular exercise correlates with daily increases in productivity and happiness. And a little each day is more beneficial than a lot once or twice a week. In fact, another study suggests a majority of the benefits come in the first 20 minutes of activity.

2) Research published in 2008 found that those who exercised on work days experienced significantly improved mood and inner calm.

- 72% had improved time management on exercise days vs. non-exercise days.
- 79% reported improved mental and interpersonal performance on exercise days.
- 74% said they managed their workload better.
- Those who exercised regularly reported feeling more than 40% more "motivated to work" and scored more than 20% higher for concentration and finishing work on time.

3) Daily activity has a huge effect on life expectancy. The daily investment returns 7-fold! A major study that tracked 650,000 subjects for 10 years (including 82,465 deaths) found that 150 minutes a week (22 mins per day) of "moderate physical activity" (i.e. brisk walking) yields a 7-fold return. That's 7 extra minutes of life for each minute of movement. It's no surprise when you pause to consider the many physical and mental benefits of daily exercise.

SUMMARY: "Finding time" to exercise seems well worth it. It adds to the quality **AND** quantity of our days.

THE HOW

Choose Something you Enjoy.

If this new habit is going to stick, it needs to be **something you enjoy**. Something you look forward to. Choosing an activity that you dread is sure to fail. Hate the gym? Cancel your membership. Hate to run? Don't. Do what you enjoy, and do it every day.

So, what do you enjoy? Walking? Biking? Swimming? Playing basketball? Hiking on trails? Group fitness classes? We're all wired differently. Choose something that works for you.

Pro tip: If you're having a hard time choosing an activity that you enjoy, think back to what you enjoyed as a kid, and do that. Jon loved playing basketball as a kid and just recently started playing again. He's hooked!

Choose a Time.

When are you going to do your daily movement? **Routine is your friend here**. Choose the same time every day if possible. We highly recommend the morning so that you don't skip it later in the day when you feel "too busy" or "too tired." The mental and physical health benefits make it a great way to start your day. That said, do what works best for you. Some people love exercising over their lunch hour or at the end of the work day as a mental reset before heading home.

Keep it Simple.

An activity that you can do in your house or neighborhood usually makes the most sense because it's easy to get it done. That's why walking, running or cycling is a great option for many people. **Step out your front door and do it**. An online fitness video is another easy way to knock out a workout at home. If your plan is overly complicated, you're likely to bail when obstacles arise.

Make a Plan.

Decide what you're going to do ahead of time, not when it's time to workout. Searching YouTube for workout videos or planning a route on MapMyRun.com is a great way to waste your dedicated movement time 😞. If you haven't made a plan in advance, then step out the door and start walking 😊. **Easy Peasy**.

It also helps to set out (or pack) your workout clothes the night before so you're ready to go in the morning. Make it as easy as possible to stick to your plan.

Start Slow.

Start in Week 1 with 10-minutes of activity each day. We know you're excited to make progress, but start small. The goal is gradual progress. You will gain momentum by nailing your 10-minutes-a-day goal in Week 1. Achieving a small goal feels a lot better than failing at a large goal. If you start with intense 30-minute workouts right out of the gate you may hurt yourself, be too sore to stick with your daily commitment or just plain burn out. One of the reasons we encourage you to start with 10 minutes a day is to experience the benefits of "only" 10 minutes of movement. Creating **a baseline that is achievable** every day regardless of time constraints. Realizing the value of a 10 minute workout will help you commit to a daily habit rather than falling off the bandwagon with an "all or nothing" mindset down the road when life gets busy.

Get Creative.

On days when a packed schedule makes it tough to fit in a workout, find a creative way to make it happen. Walk on your lunch hour. Have a walking meeting with a colleague instead of sitting in an office. Walk to lunch. Ride a bike to work. Play tag with your kids at the park. When all else fails, commit to a 10 minute walk right after work, or right after dinner. **Find. A way. To move.**

AWESOME MOVEMENT OPTIONS

Here are some great workouts you can find online and do at home with little or no equipment in 10-15 minutes.

Beginner-Intermediate level:

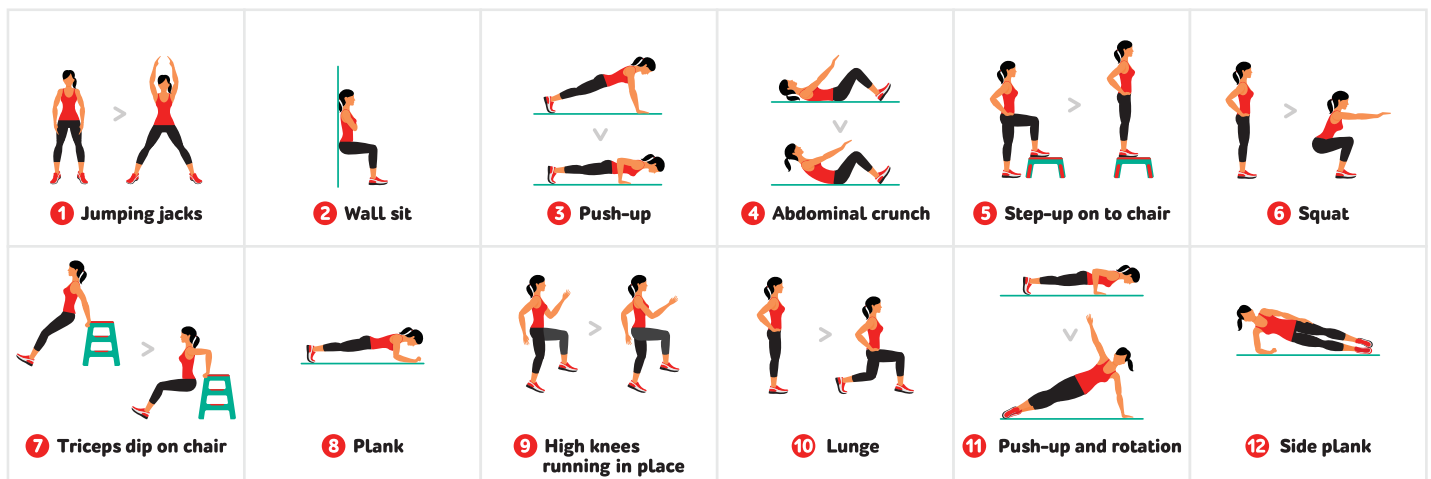
- Yoga (13-minute video): <https://www.youtube.com/watch?v=l0Ebi54JjUA>
- Cardio/Low-impact (13-minute video): <https://www.youtube.com/watch?v=9H9qdpUzu4M>

All Levels:

We're fans of the "Scientific 7-minute Workout" that the American College of Sports Medicine developed. It's a pretty stinkin good workout. In a short time it hits the major muscle groups and gets your heart rate up. It doesn't require a ton of space or any equipment. We recommend alternating this circuit training with walking or running every other day. Or tack it on after a walk or run to add a little strength training to your typical routine.

Scientific 7-minute Workout:

Perform as many reps as possible of the following exercises in order for 30 seconds each. Rest for 5 seconds between exercises. The circuit can be repeated 2 to 3 times if desired.



7-minute video 1 (PopSugar Fitness): <https://www.youtube.com/watch?v=l8cpjmZkz3I>

7-minute video 2 (Fitstar): <https://www.youtube.com/watch?v=5LqKbFhnJCI>

Download the 7-minute workout app. We like Wahoo. It's simple. Put on your own music to keep you going! Do 1-3 rounds (more as you gain strength and endurance, or if you have more time.)

Intermediate-Advanced Level:

HIIT Challenging Workout (15 mins): <http://thebettyrocker.com/15-minute-full-body-shred-hiit-no-equipment/>

Other Options: Walk. Jog. Climb stairs. Bike. Hike. Swim. Dance. Play hockey or soccer. Play tag. Just. Move.

30 DAYS OF AWESOME OPTIONAL MOVEMENT CALENDAR

YOU DO YOU. This is just a guide for those who appreciate instruction. If you prefer to walk without running, or run without walking, or to skip the “7-minute Workout” and just walk every day, go for it. If you prefer playing basketball with a friend or by yourself, do it. Find something you enjoy and do it every day. Just start slow so you can build momentum and avoid injury and burn out. And remember, it’s not “all or nothing”. Even on your busiest day, find a way to get at least 10 minutes of intentional movement. Your mind and body will thank you. 😊

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 Minute Goal	1 10 Minute Walk	2 7 Minute Workout +3 Minute Walk	3 10 Minute Walk	4 7 Minute Workout +3 Minute Walk	5 10 Minute Walk	6 7 Minute Workout +3 Minute Walk	7 10 Minute Walk (Invite a friend or a spouse:)
20 Minute Goal	8 10 Minute Walk (1 Min Run)x2 (1 Min Walk)x2 6 Minute Walk	9 7 Minute Workout +13 Minute Walk	10 10 Minute Walk (1 Min Run)x3 (1 Min Walk)x3 4 Minute Walk	11 7 Minute Workout +13 Minute Walk	12 8 Minute Walk (1 Min Run)x4 (1 Min Walk)x4 4 Minute Walk	13 7 Minute Workout +13 Minute Walk	14 20 Minute Walk (Invite a friend or a spouse:)
30 Minute Goal	15 10 Minute Walk (1 Min Run)x5 (1 Min Walk)x5 10 Minute Walk	16 7 Min Workout x2 +15 Minute Walk	17 10 Minute Walk (1 Min Run)x6 (1 Min Walk)x6 8 Minute Walk	18 7 Min Workout x2 +15 Minute Walk	19 8 Minute Walk (1 Min Run)x7 (1 Min Walk)x7 8 Minute Walk	20 7 Min Workout x2 +15 Minute Walk	21 30 Minute Walk (Invite a friend or a spouse:)
30 Minute Goal	22 10 Minute Walk (2 Min Run)x4 (1 Min Walk)x4 8 Minute Walk	23 7 Min Workout x2 +15 Minute Walk	24 10 Minute Walk (2 Min Run)x5 (1 Min Walk)x5 5 Minute Walk	25 7 Min Workout x2 +15 Minute Walk	26 8 Minute Walk (2 Min Run)x6 (1 Min Walk)x6 4 Minute Walk	27 7 Min Workout x2 +15 Minute Walk	28 30 Minute Walk (Invite a friend or a spouse:)
30 Minute Goal	29 8 Minute Walk (3 Min Run)x4 (1 Min Walk)x4 6 Minute Walk	30 7 Min Workout x2 +15 Minute Walk	31 6 Minute Walk (3 Min Run)x5 (1 Min Walk)x5 4 Minute Walk				

“No matter how slow you go, you are still lapping everybody on the couch.”

YOUR **MOVEMENT** GOALS

Recommendation for Maximum Awesomeness: **Move 30 minutes each day.**
Start with 10 minutes/day in Week 1. 20 mins/day in Week 2. 30 mins/day by week 3.

Where are you at currently?

I currently move _____ minutes per day.

Let's improve one week at a time!

Commit to 10 minutes of intentional movement in Week 1.

Increase your goal as you gain momentum, strength and endurance.

Movement goals should be in intentional chunks of time (10 minutes or more).

Incidental movement throughout the day is GREAT, but doesn't count toward your intentional movement goal.

My Goal for **AWESOME** Moving:

Week 1: _____ minutes per day.

How will you achieve your goal?

What time will you "move"? _____

Describe your new movement routine:

What will you do? When? Where? The same thing every day? Or alternating every other? We highly recommend having one "default" routine, even if you enjoy mixing it up. That way you remove the guesswork and stress of not having a plan. Walking for 10 minutes is a great default. Write it down in detail.

Envision how good your mind and body will feel from moving every day. Picture your improved mood, energy, and inner calm. Make it so.

EAT AWESOME

Recommendation for Maximum Awesomeness: **Eat 3 Awesome meals each day (no snacking).**

Getting a well-balanced diet full of quality protein, healthy fats, and lots of vegetables, that is also low in sugar and processed foods will help you feel amazing – and reach maximum awesomeness. We encourage simple home-cooking and mindful eating practices – slowing down and listening to your body’s signals about hunger and how certain foods make you feel – *rather* than counting calories and measuring food.

If losing weight is one of your main goals, we highly recommend aiming for 3 substantial meals (comprised of protein, fat, and vegetables) each day and no snacking. You’ll cut out tons of empty calories and burn more fat.

Set yourself up to succeed by planning ahead. Make a meal plan and shopping list before you go to the store. Plan on making recipes that aren’t too stressful and are things that you enjoy. Having a food prep day is also helpful if you want to cut down cooking time, especially on weekdays when time is of the essence while preparing dinner.

Read on to learn more about the importance of eating well, not snacking, getting more vegetables and cutting back on sugar, as well as meal planning ideas and tricks for consuming less sugar and junk food. Then set your Week 1 goals and enjoy awesome foods that will make you feel great!

BENEFITS of healthy eating

- Body can function more effectively
 - Clearer thinking
 - Maintain healthy weight
- Regular bowel movements
- Pride; Less guilt and regret
- Enjoy meals/feel satisfied
 - Clearer, smoother skin
 - Stronger hair and nails
- Balanced hormones & mood
 - Better energy
- Better sports performance
 - Better sleep
 - Less illness

CONSEQUENCES of unhealthy eating

- A wide range of diseases
 - Brain fog
 - Obesity
 - High cholesterol
 - Heart disease
 - Diabetes
 - Cancer
 - Allergies
- Low immune system/More illness
- Digestion issues: irregularity, constipation, Irritable Bowel Syndrome
 - Inflammation
 - Poor sleep

EAT AWESOME

Recommendation for Maximum Awesomeness: **Eat 3 Awesome meals each day (no snacking).**

WHAT & WHY?

Food is Awesome. I think we'd all agree. Unfortunately, food (what food / how much / preparation) can get really complicated. We want to keep it simple to ensure awesome results. No calorie counting. No starving ourselves. No complicated recipes you're required to use. Just a few guiding principles to help you develop better habits - with the goal of feeling awesome!

1) Eat 3 Awesome Meals. Load up with Real Food at meal time. You don't want to over eat, but make sure you eat plenty of food at meal time so that it sustains you until your next meal. Don't be skimpy. Listen to your body. The key here is to eat **more** Real Food and **less** processed food. As a general rule, if it's in a package with ingredients, it's been stripped of nutrients, and likely has lots of sugar, yucky oils, and chemicals added that don't serve us well. Focus on eating **more food from nature**: Vegetables, Fruits, Grains, Beans, Nuts, Seeds, Eggs, Meat. Especially vegetables. Most of us could stand to eat more. You can make some unbelievably delicious and satisfying meals with these Real Foods. They fuel your body better and longer than processed foods, so you'll have better energy, balance hormones and won't feel starving 2 hours after you eat.

2) No Snacking. Snacking is what gets a lot of us in trouble. Here are the main reasons for NOT snacking... **1)** It supports **ketosis** – the fat-burning state that metabolizes stored fat around our organs, promoting detoxification and fat loss. Put simply, not snacking helps us **burn more fat.** **2)** It means that we're **avoiding the junk** (empty calories) that we tend to compulsively grab for a snack (and avoid the excess salt, oil, and sugars that come with it); **3)** It helps **balance blood sugar** and combat hyperglycemia; **4)** It promotes **better digestion** and gut health, and **5)** It lets us be good and **hungry** at mealtime (our personal favorite benefit), which means we'll have room to thoroughly enjoy that Real Food we've prepared. We want to eat Real Food – and plenty of it – at mealtime to avoid the need for snacking. At first it can be hard to cut out snacks. There's the cravings, some hunger pains, or a lack of energy. But your body will adapt! It will learn to burn its fat stores for energy. The hormones that control blood sugar and appetite will adjust. Before too long, it won't be so hard, and you'll feel awesome just sipping water between meals.

3) More Vegetables! We've already mentioned this, but it's worth repeating. Depending on age and gender, federal guidelines recommend that adults eat at least 1½-2 cups per day of fruit and 2-3 cups per day of vegetables as part of a healthy eating pattern. Yet, in 2015, just **9 percent** of adults met the intake recommendations for vegetables. Most of us are in the other 91 percent and should find ways to add vegetables to each meal. For maximum awesomeness, we recommend that you eat veggies at every meal. They're easy to prepare, and so delicious!

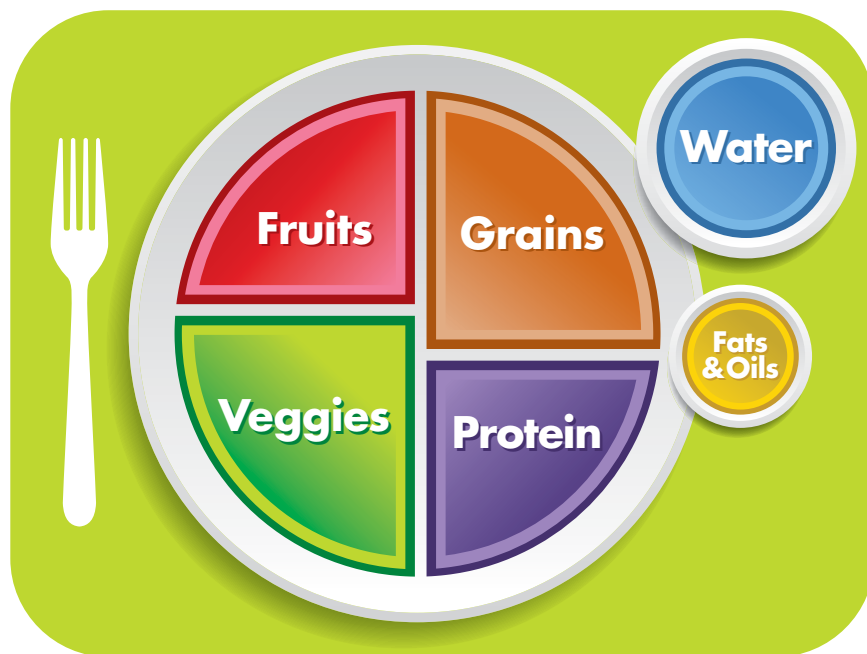
4) Reduce Sugar! Sugar is a real problem (pretty much “the devil” in the food world). And it's in almost all packaged foods and beverages. The World Health Organization recommends no more than 6 teaspoons (25g) of sugar intake each day. The average American consumes 15-20 teaspoons (63-84g) daily! High sugar-intake increases obesity, decreases the strength of our immune system, and creates a higher risk of heart disease, stroke, diabetes, cancer, and other diseases! Studies show sugar to be as addictive as cocaine. You've probably felt the powerful pull of sweet treats in the break room, at the buffet, and from your own pantry. Cutting back on sugar allows our bodies to function better – to use stored fat as fuel, to have more balanced hormones, and to have a better sense of control.

THE HOW

3 Awesome Meal Tips:

In order to thrive on 3 meals a day, without snacking in between, it's important to make them **Awesome Meals**. Each meal should include **protein** (*meat, dark green veggies, eggs, tofu, nuts, etc.*), **healthy fat** (*avocado, olive oil, chia seeds, nuts*), and **veggies** (*go for color variety*).

The Ideal Meal: The image below represents an “ideal” meal. Take a look at the plate, and start working toward similar proportions in your meal plans. Most of us need more veggies 😊. Remember, we're focused on small changes in the right direction. So start with breakfast in Week 1 and make one small positive change!



What might this look like on your plate? Here are some ideas for each meal.

Awesome Breakfasts: Egg and veggie scramble; Smoothie with spinach and fruit; Oatmeal with fruit and nuts; Hash with meat and veggies. Simply adding a fruit to your current breakfast is a step in the right direction.

Awesome Lunches: Salad with chicken and chopped veggies; Soup with veggies and lentils; Chickpea hummus and veggies; Toast with an egg(s), avocado, lettuce and tomato. Adding a serving of veggies to your favorite lunch is a great start!

Awesome Dinners: Chili with beans and veggies; Fish with potatoes and asparagus; Salad with taco meat and chopped veggies; Sautéed veggies and coconut milk over brown rice; Zoodles or rice noodles with spaghetti sauce and broccoli; Chicken with mushrooms and a salad; Bean burger on a bed of lettuce.

Make a Plan: Once a week, make a meal plan with the breakfasts, lunches and dinners you'll eat that week. Write it down. If cooking seems overwhelming, keep it very simple. Stick to things you know how to make and enjoy. You might want to use the same general meal plan every week (like we do). This simplifies everything because you know you'll be eating things you like, where the ingredients can be found, and how to prepare them. You can always change it up or get creative if you're feeling inspired or have more time.

THE HOW

No Snacking Tips:

There are two keys to success at the No Snacking guideline.

1) Make good choices convenient and bad choices inconvenient. Toss out the junk if it's tempting, or store it where you won't easily be tempted by it. Don't have things in your house that you "don't want to eat."

2) Eat enough Real Food at your 3 well-balanced meals to satisfy and sustain you until the next meal. If you're hungry between meals, first make sure you're on track with your water goal for the day (our brains have a hard time distinguishing between hunger and thirst). If you're still hungry, then by all means, eat! But stick to one-ingredient Real Food snacks. Eat an apple. Eat some baby carrots. Eat a serving of almonds. Keep one-ingredient snacks handy and in appropriate portion-sizes for these instances (make them convenient). And take note to eat more Real Food at mealtime in the future.

More Vegetables Tips:

1) Eat a vegetable with each meal. Add them to your favorite meals. Love steak? Great. Eat an appropriate-sized portion of steak with a bunch of roasted, colorful veggies. Love pizza? Great. Have a slice or two with a big salad or steamed broccoli and carrots. **Bottom line:** Add a fruit or veggie to each meal (on top of what you usually eat). This can be an apple, banana, berries, carrot sticks, steamed broccoli, avocado, or another fruit or veggie found in nature. We're going for **improvement** from what you've been doing, especially if you're one of the 91% not getting enough vegetables each day.

2) Make 'em tasty! To be sure the veggies taste great, drizzle them with olive oil, and season them with herbs, sea salt, and pepper. Eat the veggies first. They'll taste even better that way, and you'll have room for them all before you fill up on the other... stuff.

Reduce Sugar Tips:

Check food labels. Look out for sugar (or one of its other [56 names!](#)). Look at ingredient lists to determine if packaged foods contain any added sugar. Check labels on your favorite pasta sauce, bread, jelly, peanut butter, applesauce and cereal. These are common foods, and most have high amounts of added sugar! Start limiting these foods or replacing them (with alternatives that contain no added sugar) and you'll spare yourself a few spoons full of sugar each day.

Here are some other tips for cutting down on sugar:

- Replace soda and alcohol with LaCroix
- Eat more sweet vegetables (like sweet potatoes, squash, cauliflower, and cooked carrots)
- Substitute sugary snacks with fruit
- Enjoy dessert 2 nights a week instead of 7
- If you take sugar in your coffee, try cutting it in half. Order your latte with half the syrup or no whip cream.

You will be amazed at how your taste buds start to change. After a while, your 'sweet tooth' will be satisfied with much less sugar. The sugary things you used to eat and drink will seem crazy sweet (and probably give you a headache, too!).

YOUR FOOD GOALS

Recommendation for Maximum Awesomeness: **Eat 3 Awesome meals each day (no snacking).**

Where are you at currently?

How many fruits and veggies do you eat per day?

(One serving is approximately the size of your fist. Double that for raw, leafy greens.)

At **breakfast**, I usually eat _____ servings of fruit and _____ servings of vegetables.

At **lunch**, I usually eat _____ servings of fruit and _____ servings of vegetables.

At **dinner**, I usually eat _____ servings of fruit and _____ servings of vegetables.

How much sugar do you consume on average each day in food and beverages (in grams)? _____

Most of us need to increase our intake of fruits and/or vegetables. Let's make a plan to bump it up. Most of us consume too much added sugar, so let's cut back on that. Remember, you set your own goals. Start where you are and take one step forward. Focus on gradual, achievable progress that you can continue and also build on beyond our 30 days together.

My Goals for **AWESOME** Eating:

Week 1: Add a fruit or veggie to breakfast.

How will you add a fruit or veggie to breakfast?

What time will you eat your 3 Awesome Meals each day? _____

Describe your plan to avoid snacking & reduce sugar:

Describe your plan for when you will make your meal plan, shop, and prep the ingredients:

Envision how eating 3 Awesome Meals, fewer snacks and less sugar will improve your mood, energy, sleep, productivity and overall good vibes.

30^{DAYS OF} AWESOME WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			

SNACKS:

Portion out some healthy, one-ingredient snacks to have on hand/pack along if the time between meals gets too long.

GROCERY LIST:

Make a list of foods to purchase this week at the grocery store:

PREPARING FOR AWESOMENESS PREP WEEK

Day 1: Affirmations

Read page 4 of your Guide to Awesomeness. Select a personal affirmation. Write it here. Post it in a place where you'll see it frequently (mirror, computer screen, steering wheel, fridge). Repeat it throughout the day. Embrace your Awesomeness.

My Affirmation:

Day 2: Why?

Read page 5 of your Guide to Awesomeness. Define your Why. Write it here. Post it in a place where you'll see it frequently. Maybe next to your Affirmation 😊.

My Why:

Day 3: Buddy Up!

Read page 6 of your Guide to Awesomeness. Invite a Buddy to join you for 30 Days Of Awesome or at least to support and encourage you on your journey.

My Buddy is:

Day 4: Sleep Awesome.

Read the Sleep Awesome section of your Guide to Awesomeness (pages 7-9) and do the worksheet on page 10. Set your Week 1 Goals and start putting your plan into action!

My Week 1 Sleep Goal:

Day 5: Drink Awesome.

Read the Drink Awesome section of your Guide to Awesomeness (pages 11-13) and do the worksheet on page 14. Set your Week 1 Goals and start putting your plan into action!

My Week 1 Water Goal:

Day 6: Move Awesome.

Read the Move Awesome section of your Guide to Awesomeness (pages 15-19) and do the worksheet on page 20. Set your Week 1 Goals and start putting your plan into action!

My Week 1 Movement Goal:

Day 7: Eat Awesome.

Read the Eat Awesome section of your Guide to Awesomeness (pages 21-24) and do the worksheet on page 25. Set your Week 1 Goals and start putting your plan into action! Try using the Meal Plan Worksheet on p. 26 😊.

My Week 1 Food Goal:

PERSONAL GOAL LOG

WEEK 1

My Why: (Why do you want to develop better habits?)

CATEGORY	SLEEP	DRINK	MOVE	EAT
Recommendation	Sleep 8 hrs (or add 30 mins)	Half weight in oz of water	10 mins/day	Improve Breakfast (avoid snacks)
My Goal				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

End of Week Evaluation: How are you feeling? What are you doing awesome at? What do you want to improve next week? How are you going to do it?

PERSONAL GOAL LOG

WEEK 2

My Why: (Why do you want to develop better habits?)

CATEGORY	SLEEP	DRINK	MOVE	EAT
Recommendation	Sleep 8 hrs (or add 30 mins)	Half weight in oz of water	20 mins/day	Improve Lunch (avoid snacks)
My Goal				
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				

End of Week Evaluation: How are you feeling? What are you doing awesome at? What do you want to improve next week? How are you going to do it?

PERSONAL GOAL LOG

WEEK 3

My Why: (Why do you want to develop better habits?)

CATEGORY	SLEEP	DRINK	MOVE	EAT
Recommendation	Sleep 8 hrs (or add 30 mins)	Half weight in oz of water	30 mins/day	Improve Dinner (avoid snacks)
My Goal				
Day 22				
Day 23				
Day 24				
Day 25				
Day 26				
Day 27				
Day 28				

End of Week Evaluation: How are you feeling? What are you doing awesome at? What do you want to improve next week? How are you going to do it?

PERSONAL GOAL LOG
WEEK 4

My Why: (Why do you want to develop better habits?)

CATEGORY	SLEEP	DRINK	MOVE	EAT
Recommendation	Sleep 8 hrs (or add 30 mins)	Half weight in oz of water	30 mins/day	3 Awesome Meals (avoid snacks)
My Goal				
Day 29				
Day 30				
Keep Going!				
You Got this!				
You're Awesome!				
Rock on!				
Awesome Job!				

End of Week Evaluation: How are you feeling? What are you doing awesome at? What do you want to improve next week? How are you going to do it?

AWESOME EVENTS

Full details on all events available at: facebook.com/30daysofawesome/events

YOU. ARE. AWESOME.

Don't forget it.

We'd like to remind you daily! For more encouragement, tips and tricks, be sure to check your email every day. If you want a daily dose of Awesomeness, make sure our emails aren't going to your Spam or Junk folders. We only send messages to encourage participants. We'll never spam you 😊.

Stay Informed and Encouraged at:

30daysofawesome.com

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Cheering for you!
Necia and Jon Ornée
Team Awesome

