

MAKING ADJUSTMENTS

Nutrition

SKIP DIETS, MAKE ADJUSTEMENTS

Lifestyle changes take time, focus and determination. But, the results are more than just a few pounds on the scale. The results are years of feeling better in your skin, improved health, sustainable weight loss and a focus on your own health that goes far beyond any diet.

In this worksheet, we want you to identify 10 small adjustments you can make in your daily life to improve your overall health and wellness.

Step 1: Time to put pen to paper. Print out this worksheet and write down 10 adjustments you would like to make in your life in the coming weeks and months. We have given you some suggestions to get your started.

Step 2: We aren't going to ask you to make all these changes at once. Instead, prioritize your list so that number 1 is the adjustment you want to start working on first. Feel free to cross things out, draw arrows, or rewrite it all together. This is your list and it does not need to be pretty. Continue prioritizing until you have put all 10 adjustments in priority order.

Step 3: Add your first adjustment to your calendar for each day of this week – don't simply copy and paste it or insert one task that lasts for a whole week. Physically type the adjustment on each day of your calendar. This will help to reinforce the change in your mind.

Step 4: At the end of this week, evaluate whether you feel your new adjustment is now a part of your everyday life. If you believe it is, repeat Step 3 with the next item on your prioritized list. If you feel like you need to spend more time on that adjustment, great, simply continue to work on this adjustment until you feel like it is second nature. There is no right amount of time to spend making an adjustment. The goal is to make permanent changes to your daily routines. You will know when you are ready to move onto the next adjustment.

Be present and active. Build awareness, make adjustments and stop dieting.

Adjustment Suggestions:

- Make Inactive time active – for example, sit on a balance ball instead of your sofa, fold laundry standing up, walk to the other end of the shopping plaza instead of driving.
- Increase walking time by 10 minutes per day every day.
- Sit down to eat ALL snacks and meals.
- Avoid picking – while making dinner, cleaning kitchen, packing kids lunches, etc.
- Cut extras – honey in tea, sugar or cream in coffee.
- Eat leafy greens every day



THE FRESH 180

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10 Adjustments I will Make in My Daily Life

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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