

What will we cover over the course of a year?

Cirriculum Overview

HABIT	HABIT
Weeks 1-2 Take a 5-minute action	Weeks 26-27 Eat whole foods only
Weeks 3-4 Eat slowly	Weeks 28-29 A little more, a little better
Weeks 5-6 Stop eating at "80% full"	Weeks 30-31 Protein & colorful plants at each meal
Weeks 7-8 Eat lean protein with each meal	Weeks 32-33 Practice 80% full
Weeks 9-10 Eat at least 5 servings of colorful fruit/vegetables	Weeks 34-35 Do a 5-minute body scan
Weeks 11-12 Make smart carb choices	Weeks 36-37 Take a fitness information vacation
Weeks 13-14 Eat healthy fats	Weeks 38-39 20 minutes of de-stressing
Weeks 15-16 Plan PN-friendly meals	Weeks 40-41 Create & practice your fitness mission
Weeks 17-18 Record what you eat	Weeks 42-43 Choose your own adventure
Weeks 19-20 Create & use a sleep ritual	Weeks 44-45 Prepare for your final photoshoot
Weeks 21-22 Drink only calorie-free beverages	Weeks 46-47 Celebrate your progress
Week 23 Break week	Weeks 48-50 Spread the love, pay it forward
Weeks 24-25 Use a targeted recovery strategy	