

# Weekly Wellness Worksheet



## Nutrition:

Eat a rainbow  
Protein at every meal  
Healthy carbs

Mon  Tues  Wed  Thurs  Fri  Sat  Sun

## Exercise:



Cardio  
Strength training  
Recovery/stretching

Mon  Tues  Wed  Thurs  Fri  Sat  Sun



## Mindfulness:

Meditation  
EFT/Tapping  
Yoga

Mon  Tues  Wed  Thurs  Fri  Sat  Sun

## Supplements:



Multi-vitamin  
Essential fats  
Probiotic

Mon  Tues  Wed  Thurs  Fri  Sat  Sun



## Hydration:

Filtered water  
Coconut water  
Organic herbal teas

Mon  Tues  Wed  Thurs  Fri  Sat  Sun

# Weekly Wellness Worksheet



## Nutrition:

Your nutrition should be as unique as you are. There is no one-size-fits-all diet and a seasoned practitioner or integrative physician can help you determine the right diet for you. My plan consists of: 4 servings of protein, 4 servings of vegetables, 2 fruits, 2 healthy carbs per day.



## Eating a Rainbow

### Reds

tomatoes  
tomato paste  
tomato sauce  
watermelon  
pink guava  
grapefruit

### Orange/Yellows

carrots  
sweet potatoes  
yellow peppers  
bananas  
pineapple  
tangerines  
pumpkin  
winter squash  
corn

### Greens

spinach  
kale  
broccoli  
avocados  
asparagus  
green cabbage  
Brussels sprouts  
green herbs

### Blue/Purples

blueberries  
blackberries  
Concord grapes  
red/purple cabbage  
eggplant  
plums  
elderberries

## Exercise:

Exercise should be tailored to your specific fitness level/ability and goals. I am a Beachbody coach because I love their programs and the flexibility of working out at home. If you would like to try one of the programs, contact me to get started. There are programs for every fitness level. But exercise does not have to be complicated. Joyfully moving your body can be done with little to no equipment or cost. Some free ideas include:

Walking/jogging around your neighborhood  
Local parks often have exercise stations that you can use  
There are many free online workouts available

# Weekly Wellness Worksheet



## Mindfulness:



This does not have to be complicated or expensive. There are great free apps like The Tapping Solution and Insight Timer. Sitting quietly, listening to your breathing, journaling, anything that provides calm and relaxation can be helpful.

## Supplements:



Some basic supplements can be supportive of overall health. A comprehensive multi-vitamin, essential fatty acid, and a probiotic is a great place to start. Other supplements may be helpful depending on lab results and your diet.

*\*Always discuss starting and stopping supplements with your physician or qualified practitioner.*

## Hydration:



Many people walk around dehydrated! Whether it is due to lack of water intake, caffeine consumption, exercise, or something else, getting adequate fluids is important. In fact, sometimes hunger cues can be because you are actually thirsty. I aim for 1/2 of my body weight in ounces. Yes, that's right. I use a Mason Jar so that I can easily keep track of my water intake. I like adding powdered electrolytes to my water for tastes and additional mineral support. I also try and limit my caffeine - you should add additional water if you do drink caffeinated beverages. I also drink additional water if I am exercising or sweating a lot.