



FRESHFITNHEALTHY

SOULUTION RESET

Mind
Body
Soul



5 DAY CHALLENGE PACKET

SARAH GRACE SPANN, MS, RD



SARAH GRACE SPANN, MS, RD
@FRESHFITNHEALTHY

**H O W I T
W O R K S**

I'm SO pumped that you decided to join the #freshfitnFREE community. Investing time to reset your health, mind - body - soul, is HUGE when it is all too easily to put ourselves on the back burner.

Each day, you'll receive an email to your inbox with a link to the challenge day's video + information.

Use this packet as a source of accountability to track the "5 daily to-dos", along with journaling through the mindset mantras and soul prompts.

You'll also find the portion control guide to use throughout the 5 days :)

@FreshFitNHealthy
SOULution Challenge


LET'S BE A COMMUNITY BY BEING ACTIVE ON INSTAGRAM!

BEFORE IT STARTS: post on instagram **WHY** you want to do this for yourself, with a photo of you!

DURING: post on instagram anything about that day's challenge that resonated with you, or a video of you doing one of the daily to-dos!

POST: post on instagram what was the biggest thing you got out of the 5 day challenge!

On any posts, use the hashtag #freshfitnFREE along with tagging me, @freshfitnhealthy, so I don't miss it. Let's support one another through searching the #FreshFitNFREE hashtag and liking/commenting on each others posts!



It's all about PROGRESS, not perfection.
It's for YOU, and not for anyone or
anything else. And just by showing up
and investing time in YOU, you are
already halfway there. You are
incredible, remember that.

**XO, SARAH GRACE FROM
FRESH FIT N HEALTHY**



Handy Portion Guide

BECAUSE MEASURING AND TRACKING ISN'T ALWAYS REALISTIC

And above all, listening to your body is key! Try to be mindful at meals instead of mindlessly putting food in your mouth. Halfway through your meal, stop and ask, "am I still hungry, or am I just eating to eat?" Ditch the specific "meal times" rules in your head, as this will prevent you from honoring your hunger. You can't honor your fullness, until you also honor your hunger and eat whenever your body is telling you it's hungry!



2 palms of proteins for men
1 palm of protein for women



2 fists of veggies for men
1 fist of veggies for women



2 cupped hands of carbs for men
1 cupped hand of carbs for women



2 entire thumbs of fat for men
1 entire thumb of fat for women

This is simply a general rule of thumb (no pun intended). Some days your body will need more than others. Begin listening to hunger and fullness internal cues above all else. Use this only as a FLEXIBLE guide



Core Do's & Dont's



Daily Goals:

- At least 10 glasses of water per day
 - 7-9 hours sleep per night
 - 7-10k steps (or a workout)
- Mostly balanced meals: 90/10 rule
 - Portion control



DON'T

- Eat too little
- Restrict/Fad Diet
- Skip meals
- Forget to make time for YOU and rest
- Compare yourself to anyone but you yesterday

DO

- Eat enough & frequently
- Focus on within day movement
- Balanced plates with protein, fats and carbs
- Sleep enough
- Manage stress
- Hydrate



DAY 1



Mindset Mantra: _____

Soul Prompt Question:



Check off the ones you do each day!

- **8-10 cups water**

- **7-9 hours sleep each night**

- **7-10k steps each day**

- **90% whole foods, 10% fun foods** (decrease amount of sugar and processed foods)

- **Portion Control:** Did use my handy portion guide? Did you ask yourself after a portion if you were still physically hungry before eating more?



Your Journal



Tracking is key to become MINDFUL of what you are putting in that precious body. Use this to go the extra mile and track foods you're eating to see what's making you feel good and what's not!

Food/Drink

Meal	1	
	2	
	3	
	4	
	5	
	6	

Hydration

											
---	---	---	---	---	---	---	---	--	---	---	---



DAY 2



Mindset Mantra: _____

Soul Prompt Question:



Check off the ones you do each day!

- **8-10 cups water**

- **7-9 hours sleep each night**

- **7-10k steps each day**

- **90% whole foods, 10% fun foods** (decrease amount of sugar and processed foods)

- **Portion Control:** Did use my handy portion guide? Did you ask yourself after a portion if you were still physically hungry before eating more?



Your Journal



Tracking is key to become MINDFUL of what you are putting in that precious body. Use this to go the extra mile and track foods you're eating to see what's making you feel good and what's not!

Food/Drink

Meal	1	
	2	
	3	
	4	
	5	
	6	

Hydration

											
---	---	---	---	---	---	---	---	--	---	---	---



DAY 3



Mindset Mantra: _____

Soul Prompt Question:



Check off the ones you do each day!

- **8-10 cups water**

- **7-9 hours sleep each night**

- **7-10k steps each day**

- **90% whole foods, 10% fun foods** (decrease amount of sugar and processed foods)

- **Portion Control:** Did use my handy portion guide? Did you ask yourself after a portion if you were still physically hungry before eating more?



Your Journal



Tracking is key to become MINDFUL of what you are putting in that precious body. Use this to go the extra mile and track foods you're eating to see what's making you feel good and what's not!

Food/Drink

Meal	1	
	2	
	3	
	4	
	5	
	6	

Hydration

											
---	---	---	---	---	---	---	---	--	---	---	---



DAY 4



Mindset Mantra: _____

Soul Prompt Question:



Check off the ones you do each day!

- **8-10 cups water**

- **7-9 hours sleep each night**

- **7-10k steps each day**

- **90% whole foods, 10% fun foods** (decrease amount of sugar and processed foods)

- **Portion Control:** Did use my handy portion guide? Did you ask yourself after a portion if you were still physically hungry before eating more?



Your Journal












Tracking is key to become MINDFUL of what you are putting in that precious body. Use this to go the extra mile and track foods you're eating to see what's making you feel good and what's not!

Food/Drink

Meal	1	
	2	
	3	
	4	
	5	
	6	

Hydration

											
---	---	---	---	---	---	---	---	--	---	---	---



DAY 5



Mindset Mantra: _____

Soul Prompt Question:



Check off the ones you do each day!

- **8-10 cups water**

- **7-9 hours sleep each night**

- **7-10k steps each day**

- **90% whole foods, 10% fun foods** (decrease amount of sugar and processed foods)

- **Portion Control:** Did use my handy portion guide? Did you ask yourself after a portion if you were still physically hungry before eating more?



Your Journal













Tracking is key to become MINDFUL of what you are putting in that precious body. Use this to go the extra mile and track foods you're eating to see what's making you feel good and what's not!

Food/Drink

Meal	1	
	2	
	3	
	4	
	5	
	6	

Hydration

											
---	---	---	---	---	---	---	---	--	---	---	---

Always remember, living a #freshfitnhealthy life is about so much more than just the food we eat and workouts we do. And YOU, are of great worth at every stage of your journey. It's all about progress, not perfection.



**XO, SARAH GRACE FROM
FRESH FIT N HEALTHY**

