



FRESHFITNHEALTHY

NEW YEAR SOLUTION

**2019
GAME
PLAN**



**SET YOURSELF UP FOR
SUCCESS #FRESHFITNFREE**

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Fad Diets?

When you don't have an individualized plan yet want/need results and have little time to spare - it's easy to find yourself googling the hottest diet in hopes of getting those results.

It make work for a little. But how many times will all the weight be back on 12 months from the start date? 10/10. If you've been stuck in the dieting world, you know that it leaves you feeling nothing but defeated, guilty, and like a failure. You think there is something wrong with YOU, "if only I had more self control!"... when in reality, diets are bound to fail by science. It is not normal to live as if you are starving, which is what diets make you do. So it's time to break up with it.

A better alternative to dieting? An individualized plan and SUSTAINABLE changes. Starting with a specific nutrition plan to get you going, but then learning how to intuitively eat. Eating when you are hungry, and stopping when you are full. Never going too long without eating, and mostly choosing foods with your health in mind; but also just eating for pleasure sometimes. It's all about balance and moderation. You deserve to enjoy life too.

It's all about balance and progress -- not perfection.



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**



2019 Plan

DAILY GOALS:

SET INTENTIONS + GOALS

7-9 HOURS SLEEP

8-10 CUPS WATER

30-60 MINUTES OF MOVEMENT

MAKE TIME FOR A STRESS
RELIEVER ACTIVITY

FUEL YOUR BODY ADEQUATELY:
AVOID UNDER AND OVER
EATING

90/10: WHOLE/FUN FOODS +
MINDFULNESS ABOVE ALL

AM + PM ROUTINES

FIND ACCOUNTABILITY!

Expert Tips

ALL THE THINGS YOU DISCOVERED WITHIN THE CHALLENGE! WRITE THEM DOWN TO HELP YOU REMEMBER TO CONTINUE DOING CONSISTENTLY!

DAY ONE:

DAY TWO:

DAY THREE:

DAY FOUR:

DAY FIVE:

Care Do's & Don't's

Daily Goals:

- At least ___ glasses of water per day
 - ___ hours sleep per night
 - _____ steps (or a workout)
- Mostly balanced meals: _____
 - 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

Daily Checklist

Morning Routine

Night Time Routine

Daily Checklist

Morning Check In

I AM Statement (affirmation)

What can you be grateful for or what negative feelings can you be real about but lay down here and refocus?



Check off the ones you do each day!



- **8-10 cups water**



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



- **30-60 min. movement**



- **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?

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

Environment is Key

DECREASING STRESS, MOVING THROUGHOUT DAY,
SURROUNDING YOURSELF WITH UPLIFTING PEOPLE,
FINDING ACCOUNTABILITY

◆

STRESS RELIEF:

CORE GROUP:

**ACCOUNTABILITY
PERSON/GROUP:**

*****AM/PM ROUTINE!*****

A WINNING ENVIRONMENT IS KEY!



N E X T
S T E P S ?

**Begin Your 12 Week
Transformational Journey:**

THE FRESHFITNHEALTHY BOOTCAMP!

This is just a GLIMPSE of what you'll get
when you grab a spot in my bootcamp:

***Think What Results Would Come With 12
Weeks of:***

- Meal Planning + Empowerment to leave the strict plan behind by the end and eat like an expert intuitively**
- 12 week Fitness Plan: via my personal app**
 - Ultimate Accountability**
 - **24/7 Support**
- LIVE calls each week on a specific topic to empower YOU**
- LIVE office hours each week to get your questions asked by a dietitian**
- A Supportive Community on the same journey as you!**

SCHEDULE A

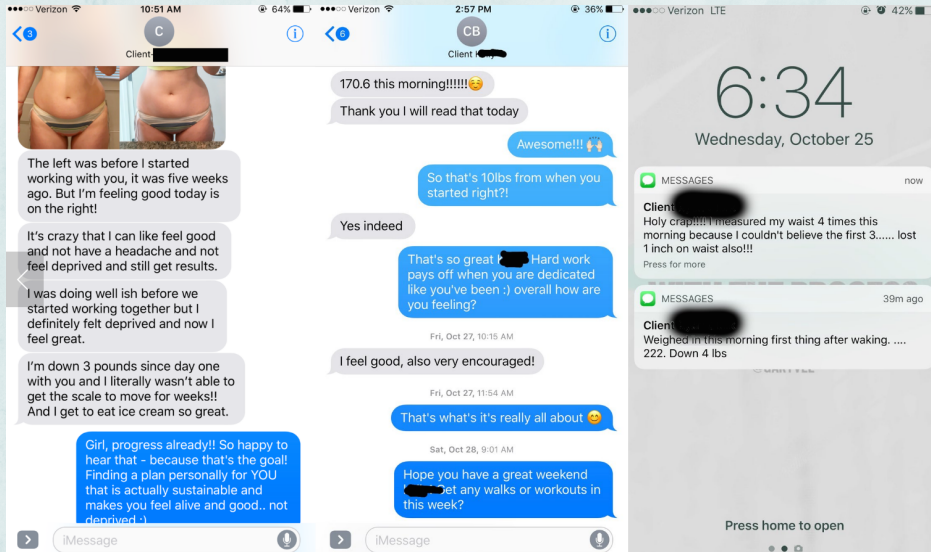


FREE CALL

[nutrition + fitness + accountability]
www.freshfitnhealthy.com/coaching

Common Results:

Increased Confidence, Fat Loss, and Overall Quality of Life.



Click the image below to find out more about it - and see what others are saying!

Create Lasting Change
**FRESHFITNHEALTHY
BOOTCAMP**
Nutrition, Fitness, Community



Day ONE, or ONE DAY? Let's do this.

LET'S DO THIS, TOGETHER.

You've downloaded your fair share of free guides, you've googled "weight loss tips" one too many times, and you've probably followed a workout program here and there too that you found online.

The problem is NOT a lack of information. It's a lack of implementation. And that problem can be fixed when you have 1) a SPECIFIC plan to follow that focuses on lasting changes versus quick results, and 2) the accountability to actually follow through and make it a lifestyle versus another run on a diet program.

There's no commitment right now, let's just talk. Let me hear your goals, where you're at now, and let's both see if we're a good fit. *Schedule a FREE call to see if the bootcamp is a good fit for you by clicking below.*



FREE CALL

[nutrition + fitness + accountability]
www.freshfithealthy.com/coaching

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**

