4 Week Healthy Habits Nutrition Challenge

NutritionRx INNERBLOOM CROSSFIT

Weekly Goal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prep-Week: Getting Ready	**Prep-Week A:** Reflect on what you most want to get out of this Healthy Eating Challenge. What motivates and inspires you to improve your nutrition habits?	**Prep-Week B:** Take measurements Photos: Weight: Waist: Hips: Bust/Chest: Body Fat % (Bod Pod or In-Body):	**Prep-Week C:** Pick a reward for successful completion of the Healthy Eating Challenge (eg massage, new book, pedicure, flowers, money towards a fun event) **Success = 80% (22 squares) completed in 4 weeks**	**Prep-Week D:** Reflect on the barriers you may encounter. Brainstorm positive solutions to overcome the challenges that might try to stand in your way. Visualize your success!	**Prep-Week E:** Tell someone you're starting a 4-Week Habits-Based Healthy Eating Challenge. Be accountable to a buddy who will cheer you on.	**CHALLENGE BEGINS** Set up your kitchen by emptying out your fridge, freezer, and pantry of expired foods and removing (or hiding) junk foods so they are out of sight.	**HEALTHY GROCERIES** Grocery shop for healthy food that will support you this upcoming week. Ensure to fill your cart with lots of colorful vegetables!
Week 1: Vegetables Aim for 50% of your plate at lunch and dinner to be vegetables	☐ Lunch veggies ☐ Dinner veggies	☐ Lunch veggies ☐ Dinner veggies	☐ Lunch veggies ☐ Dinner veggies	☐ Lunch veggies ☐ Dinner veggies	☐ Lunch veggies ☐ Dinner veggies	☐ Lunch veggies ☐ Dinner veggies	☐ Lunch veggies ☐ Dinner veggies
Week 2: Protein Aim for source of protein at breakfast, lunch, and dinner	☐ Breakfast protein ☐ Lunch protein ☐ Dinner protein	☐ Breakfast protein ☐ Lunch protein ☐ Dinner protein	☐ Breakfast protein ☐ Lunch protein ☐ Dinner protein	☐ Breakfast protein ☐ Lunch protein ☐ Dinner protein	☐ Breakfast protein ☐ Lunch protein ☐ Dinner protein	☐ Breakfast protein ☐ Lunch protein ☐ Dinner protein	☐ Breakfast protein ☐ Lunch protein ☐ Dinner protein
Week 3: Beverages Increase your water intake, and cut back on (or cut out) soda, juice, and alcohol for 7 days	☐ 8+ cups of water ☐ No sugary beverages (soda, juice, coffee) ☐ No alcohol today	☐ 8+ cups of water ☐ No sugary beverages (soda, juice, coffee) ☐ No alcohol today	☐ 8+ cups of water ☐ No sugary beverages (soda, juice, coffee) ☐ No alcohol today	☐ 8+ cups of water ☐ No sugary beverages (soda, juice, coffee) ☐ No alcohol today	☐ 8+ cups of water ☐ No sugary beverages (soda, juice, coffee) ☐ No alcohol today	☐ 8+ cups of water ☐ No sugary beverages (soda, juice, coffee) ☐ No alcohol today	☐ 8+ cups of water ☐ No sugary beverages (soda, juice, coffee) ☐ No alcohol today
Week 4: Eat Out Less Make 1 meal/day a less processed, more whole-foods option. Plan ahead or batch cook to help make healthy meals easy to grab and accessible	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today