

# WELCOME TO YOUR NEW PLAN

## CONGRATULATIONS FOR TAKING THE FIRST STEP

Making a fresh start is liberating and exciting. If you are anything like me, you've probably done it many times over.

The problem is that sometimes it ends up getting a bit stale, or a bit out of hand. You realise you have bitten off more than you can chew and your goals suddenly seem far away.

One of the best ways to deal with this, is accountability. Keeping track of where you are, reporting in on how things are going.

Another great way to make sure you hit your goals is to break them down. Instead of concentrating on the final destination, figure out what small steps it is going to take to get there. Working out what you need to do, consistently, every single day, then making yourself accountable for doing them.

In my Free Living Fitness programme, I break down the core elements and daily habits that ultimately lead to a healthier lifestyle. Good nutrition, regular movement, conscious self-care. And then I show you how to learn those habits, understand their impact and integrate them into your life.

While this planner was created with that programme in mind, I've made it so that you can choose your own health adventure, adding in your own goals and habits. At the end of each week you also get a chance to be your own coach. To reflect on how things have gone, and learn what worked for you. This gives you the knowledge you need to move on, and improve a little more next week.

It's all about baby steps. Small, easy wins every day. Not perfect, just a little better than before. Consistently. That is where the magic happens.

## WHAT'S YOUR BIG GOAL?

Use this space to fill in a goal for 12 months time. What would you like your life to be like. How would you like to feel? What would you like to be able to do?

# USING YOUR PLANNER

## FILLING IN THE BLANKS

There's a couple of features in the planner that I'd like to show you.

Firstly the **date**, it's blank, you can start whenever you like. It doesn't have to be New Year, or a significant birthday, just do it. Now. OK, it does start on a Monday, but that might give you a day or so to get some things in order, launder your gym kit and get some groceries in.

Second, there's a **task list**. That's for you. I want this planner to be useful to your life in general, so use that space for any important reminders for your day.

Next there's an **exercise spot**, you can use that to fill in what you did, whether it's a walk to work or an intense gym class, whatever works for you.

The **food diary** can be used to record what you eat, roughly or exactly, it's up to you. You'll notice there's a hunger scale for before and after you eat. It works like this:

- 1 - Growling belly, hunger pangs, digesting yourself from the inside.
- 2 - Fairly peckish.
- 3 - OK, could eat, don't really need to. Comfortable
- 4 - Satisfied, not hungry, about 80% full
- 5 - Stuffed, uncomfortable, possibly ate too much.

Circle the one that applies, before and after your meal. It helps you to be aware of how your hunger and your eating relate to each other.


In the **habits** section, you have a small space to write the name of your daily habit (we will come to that in a moment), or a comment about how you achieved it if you like. Then you have a check box to keep track of when you've achieved it.

Lastly, at the end of the day you have a space to fill in your **daily win**. Something you are proud of, or just something that makes you feel good about the day. Next to that you have a space to think about tomorrow. What can you do to make sure tomorrow goes well? What is your focus going to be? What might help you hit your habits again, or avoid the pitfalls you hit today?


# SETTING YOUR HABITS

## READY TO GIVE IT A GO?


Choose a habit which you are 90% sure you are capable of, but might neglect if you don't keep track. Keep the same habits for a couple of weeks, until they feel strong.

 Physical - What are you going to do every day to bring more movement into your life?  
for instance - take a 30 minute walk in my lunch break.

- Do 15 minute yoga flow when I wake up.
- Walk to the water cooler and back once an hour.

 Nutrition - What small, manageable adjustment can you make to your diet?

- Drink a glass of water with every meal.
- Eat slowly and put the fork down between bites.
- Pack a balanced lunch for work.

 Wellbeing - Finally, a habit for your rest, stress levels, recovery or mindset.

- 10 minutes mindfulness every day.
- Be in bed by 10pm.
- Write down one thing you are grateful about.


If you are practising the Free Living Fitness programme, Use the habits for the phase you are working on.


## RECOGNISE YOUR ROADBLOCKS

If you are 90% sure you can complete your habits, what is the 10%? What might happen this week to throw a spanner in the works? A celebration, an emotionally difficult anniversary, a trip away? If you see a potential issue ahead, what can you do to make it easier to stay on track? How can you be prepared to win?

## YOUR FIRST WEEK

### WHAT ARE YOUR GOALS THIS NEXT WEEK?

 Physical

 Nutrition

 Wellbeing

### WHAT ARE YOUR BIG CHALLENGES?

How can you plan to make sure that the bumps in the road don't hold you back?

# MONDAY

DATE: .....

## IMPORTANT TASKS

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## EXERCISE AND ACTIVITY

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## HABIT PRACTICES

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## TODAY'S BIG WIN

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## FOOD DIARY

### MORNING

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

### AFTERNOON

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

### EVENING

Hunger before 1 2 3 4 5


Hunger after 1 2 3 4 5

### SNACKS

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

## READY FOR TOMORROW

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# TUESDAY

DATE: .....

## IMPORTANT TASKS

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## EXERCISE AND ACTIVITY


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## HABIT PRACTICES

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## TODAY'S BIG WIN

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## FOOD DIARY

### MORNING

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

### AFTERNOON

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

### EVENING

Hunger before 1 2 3 4 5

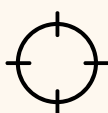
Hunger after 1 2 3 4 5

### SNACKS

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

## READY FOR TOMORROW

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# WEDNESDAY

DATE: .....

## IMPORTANT TASKS

Pink task bar

Blue task bar

Pink task bar


Blue task bar


Pink task bar


## EXERCISE AND ACTIVITY

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## HABIT PRACTICES

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## TODAY'S BIG WIN

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## FOOD DIARY

### MORNING

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

### AFTERNOON

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

### EVENING

Hunger before 1 2 3 4 5


Hunger after 1 2 3 4 5

### SNACKS

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

## READY FOR TOMORROW

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# THURSDAY

DATE: .....

## IMPORTANT TASKS

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## EXERCISE AND ACTIVITY

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## HABIT PRACTICES

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## TODAY'S BIG WIN

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## FOOD DIARY

### MORNING

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

### AFTERNOON

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

### EVENING

Hunger before 1 2 3 4 5


Hunger after 1 2 3 4 5

### SNACKS

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

## READY FOR TOMORROW

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# FRIDAY

DATE: .....

## IMPORTANT TASKS

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## EXERCISE AND ACTIVITY

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## HABIT PRACTICES

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## TODAY'S BIG WIN

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## FOOD DIARY

### MORNING

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

### AFTERNOON

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

### EVENING

Hunger before 1 2 3 4 5


Hunger after 1 2 3 4 5

### SNACKS

Hunger before 1 2 3 4 5

Hunger after 1 2 3 4 5

## READY FOR TOMORROW

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# SATURDAY

DATE: .....

## IMPORTANT TASKS

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## EXERCISE AND ACTIVITY


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## HABIT PRACTICES

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## TODAY'S BIG WIN

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## FOOD DIARY

### MORNING

Hunger before 1 2 3 4 5

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### AFTERNOON

Hunger before 1 2 3 4 5

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Hunger after 1 2 3 4 5

### EVENING

Hunger before 1 2 3 4 5

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Hunger after 1 2 3 4 5


### SNACKS

Hunger before 1 2 3 4 5

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Hunger after 1 2 3 4 5

## READY FOR TOMORROW

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# SUNDAY

DATE: .....

## IMPORTANT TASKS

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## EXERCISE AND ACTIVITY

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## HABIT PRACTICES

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## TODAY'S BIG WIN

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## FOOD DIARY

### MORNING

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### AFTERNOON

Hunger before 1 2 3 4 5

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Hunger after 1 2 3 4 5

### EVENING

Hunger before 1 2 3 4 5

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Hunger after 1 2 3 4 5

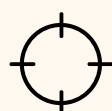
### SNACKS

Hunger before 1 2 3 4 5

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Hunger after 1 2 3 4 5

## READY FOR TOMORROW

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# HOW DID IT GO?

## WHAT WENT WELL THIS WEEK?


What were your big wins?  
What did you manage that you expected to be hard?  
What helped you to do this?  
What can you learn from this to help you hit your next goals?

## WHAT DIDN'T GO WELL THIS WEEK?

What was difficult this week?  
What stopped you from doing what you planned?  
How could you work around these issues in future?  
What changes do you need to make to your behaviours get you closer to your goal?

# YOUR NEXT WEEK

## WHAT ARE YOUR GOALS THIS NEXT WEEK?

 Physical

 Nutrition

 Wellbeing

## WHAT ARE YOUR BIG CHALLENGES?

How can you plan to make sure that the bumps in the road don't hold you back?