

Health and Wellness

WELLNESS CHECK-IN

Health and wellness is always individual. Every physical body is different which is something to always remember when giving yourself goals. Your body is different and unique so your health and wellness will be different and unique.

How do I define health and wellness? What does being healthy feel like to me?

MY HEALTH GOALS

When we think of the term "body goal", we automatically think of size. This doesn't necessarily have to be the case. Your body goal could be getting stronger to be able to do a hike, or to find ways to get your mind and headspace to a point of clarity, lowering stress levels.

Body

Mind

FAVORITE FORMS OF MOVEMENT

Movement should be a celebration of your body and all that it can do. Think about what your body is accomplishing when you do an activity. Never use movement as a punishment for eating or anything else you are feeling. That will only take away from the joy.

(Circle all that apply. Feel free to add your own!)

- | | | | |
|-------------|--------------------|---------------|---------------|
| Backpacking | Football | Rock Climbing | Tennis |
| Barre | Gardening | Running | Volleyball |
| Baseball | Hiking | Skating | Walking |
| Basketball | Home Project | Skiing | Weightlifting |
| Biking | Hula Hoop | Snowboarding | Yard Work |
| Boxing | Intuitive Movement | Soccer | _____ |
| Cleaning | Jumprope | Stairs | _____ |
| Crossfit | Martial Arts | Stretching | _____ |
| Dance | Pilates | Swimming | _____ |

Ways to Activate My Body

Ways to Activate My Mind

MY IDEAL MEAL PLAN

	Breakfast	Lunch	Dinner	Snacks
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

GROCERY SHOPPING LIST

There are no such categories as good and bad foods. The only food that should be off limits are the ones that you are allergic or intolerant to. There can always be a way for all foods to fit within your meals and for you to enjoy food freedom.

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POWER FOODS FOR THOUGHT

There are so many factors when we are discussing health that go beyond food and exercise. We are products of our surroundings and of the media we choose to consume. Surround yourself with people that elevate your mood and pay attention to how your body reacts to different environments.

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Inspiring People I Admire

My Favorite Places on Earth

Things That Make Me Happy

NOURISHING RELATIONSHIPS

How do I define a nourishing and healthy relationship?

When and where do I feel most myself?

What content and entertainment do I consume on a regular basis?
How does that affect my overall wellness?

REST AND RELAXATION PRACTICES

Stress can take a toll much more on our bodies than a cookie ever will.
We are not machines constantly on auto pilot.
We need to take breaks for our bodies and our minds.

Ways to Rest My Body

Ways to Rest My Mind

REFLECTION QUESTIONS

When do you feel as though you are at your healthiest?

Who are your goals for?

How do your favorite foods make you feel?

What is your favorite thing about your body that is not related to size? (Eg: The way your body is able to go on walks. The way your body is able to swim in the ocean. The way your face lights up when you see the person you love.)

Made in Partnership with **Shana Minei Spence**

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