



NAVIGATE THE HOLIDAYS & MAINTAIN YOUR HEALTH GOALS

STEP 1: How do you want to feel during the holidays?

Some examples include feeling relaxed, in-control, satisfied, joyful, energized, and confident.

STEP 2: How do you want to feel after the holidays?

Can you afford to be tired and have brain-fog? Do you need to be able to jump right back to work, or can you ease back into your routines?

STEP 3: Write down 10 habits or behaviors that make you feel your best.

These behaviors make you feel like you are on top of the world and on track to accomplish your goals. Think beyond just what foods, and timing of eating makes you feel best. Remember to include non-food related behaviors like physical activity, sleep, water intake and stress management.

STEP 4: Review your responses to the above steps and write down 5 behaviors you can commit to this holiday season.

Try to balance how you want to feel and your goals with what you can honestly commit to. Remember, maintaining your current health state is better than gaining more weight and losing ground this holiday season.

