

DAY 3

WELLNESS BOOTCAMP

Action Plan



Strategy

PLANNING AHEAD

Make a plan for each pillar of health so that you can successfully incorporate new rituals and make them become habits



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PLANNING AHEAD



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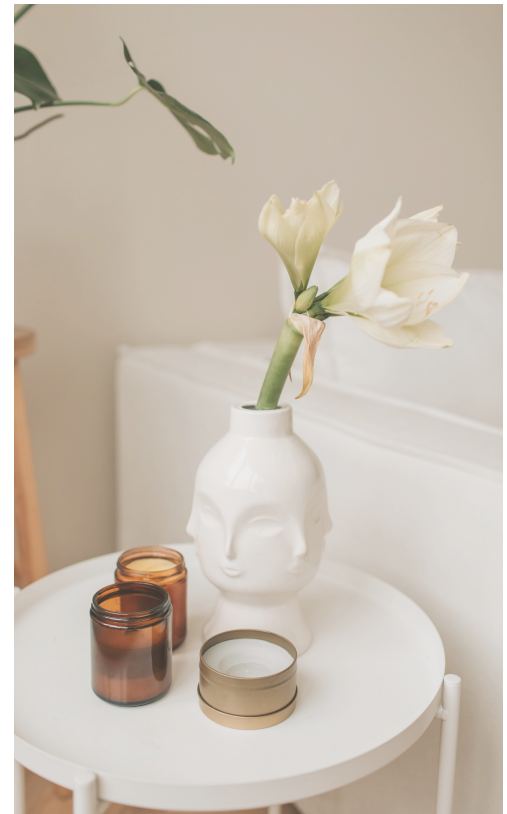
CHECKLIST

Nourishing my body

- Have something green
- Swap soda or caffeine for water or herbal tea
- Have an early dinner
- Replace a snack with a smoothie

Sleep Hygiene

- Leave my phone in another room
- Room temp at 17 degrees celsius
- No lights in the room
- Candle light before bed
- Silence /soft music



Make as many changes as you can from your checklist. Each change will have a positive impact and upgrade your overall health journey experience

CHECKLIST

Physical activities for the week

- Exercise even if for 10 minutes
- Stretch even for 10 minutes
- Massage after shower
- Dry brush
- Walk instead of driving

Resting

- Meditate for 5 min before getting up
- Listen to soft music
- Read a book
- Breathe deeply 10 times
- Do something fun



CHECKLIST

Emotional activities for the week

- Journal
- Spend time with ppl you love
- Let go! cry if you feel it!
- Make a gratitude list
- Lovingly let go of what does not serve



Action Boosters

A series of 15 horizontal dotted lines for writing.

What Now?

JOIN THE INNER CIRCLE

I know a lot of women who really feel that they need support on their health journeys!

I created this program for women who are ready to commit to their health and want to thrive! Ladies, this is for you! S

Like everyone else, I need to make a living, but my biggest purpose is being of service! How can I help?

I prayed on this and the answer was to create an educational and supportive program that women, like you could afford!

The value of the program is over £1000, but what you pay is not even close to that! Check this out!



DO YOU NEED
MORE HELP?

SCHEDULE A CALL

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