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## introduction

Yay! You're considering joining me for Whole Body, Whole Mind: a month of total wellness. Whole Body, Whole Mind (let's call it WBWM 'cause we're all busy here) is different from standard clean eating plans, because it forces you to care for each element of your wellness. We focus on clean eating, of course, without being impractical. But we also work towards our physical fitness, mindfulness (mental wellness), and relationship goals! Why? Well, it's great if you are super gluten-free all the time and lost 5 pounds on an elimination diet, but wellness is more than that, to me. So WBWM helps you get there without dictating what's healthy for you.

We'll set goals in each category: Clean Eating, Physical Activity, Mindfulness, and Relationships. Each week we'll ramp up our practice in these categories, and by the end of the month, you'll have new habits that support your total wellness. It'd be silly to think you'll have met your ultimate goal in each of these areas by the end of week 4, but you'll have new habits in place that support those goals. Cool, huh?

Also cool? My definition of "clean eating" is flexible. For me, clean eating is a paleo diet: I feel best when I eat animal proteins and avoid sugar, dairy, and grains. I've been vegetarian and vegan on and off for decades, and I always felt like something was missing until I adopted a paleo diet. But for you? "Healthy" might mean a plant-based high carb low fat diet. We're all different, and our bodies need different things. My husband is starving the moment he rolls out of bed and could go without red meat for the rest of his life; I'm not hungry until 10:30 and I could eat steak for every meal until die. What we aim to do during the WBWM month is work towards eating a diet *that you think is healthy for you*. We'll agree that a few things should be avoided: refined sugars, processed foods, sodas, and too much alcohol. In general, I think most people do best with avoiding refined flours, as well, but that call is yours to make.

You'll get the same flexibility when it comes to setting goals for physical fitness. My husband is a marathon runner, but I can't stand pounding the pavement. For me, yoga is best, as it balances my gogogo personality and soothes my type-A fire, rather than stoking it. He uses long-distance running as a meditation and loves getting lost in his ventures. You'll pick the sort of physical activity (or a mix of a few) that works for you and set goals, working up to your ideal weekly frequency.

Finally, I don't feel totally healthy without caring for my mind or my relationships. These two elements are interwoven yet separate: self-care is necessary for strong relationships, and strong relationships are necessary for a healthy mind.

We'll set practice goals in each category that support our overall wellness goals, and we'll work up to that frequency each week. You'll write down your plan on the Weekly Plan sheets, and you'll get emails from me each week with meal, physical activity, mindfulness, and relationship health ideas to implement.

You'll also want to join our Facebook group, where we'll hold each other accountable, share inspiration, and provide support. Are you a member yet?

The next step is to take a look at the Instructions sheet. This guide will help you write your goals and break down the frequency by week. If you have questions at any time, do not hesitate to reach out to me! My email is [cheryl@40aprons.com](mailto:cheryl@40aprons.com), and I'm happy to speak to you any time. I'm **so** happy you're working on your wellness with me.

## instructions

### SETTING GOALS

Is it just me or is this the most fun part? You'll want to spend a bit of time thinking about what total wellness means to you, and what sort of practice frequency best supports your goals and your lifestyle. Keep in mind that you're not always aiming to reach your ultimate wellness goals by the end of the month, but you're working to establish healthy habits that support reaching those goals over time. For example, your ultimate Physical Activity goal might be to run a half marathon. You probably won't be running 13.1 miles by the end of week 4, but if you're running 4 times a week, that's a great habit that supports your ultimate goal.

For other categories, frequency *is* the goal, like with Clean Eating. For me, my Clean Eating goal is eating a strict paleo diet and avoiding alcohol 4 days a week. By the end of week 4, I'll have met my goal, and it's up to me to maintain it.

So, when setting goals, ask yourself what habits support the ultimate goals you have for the different areas of your life. Be reasonable but enthusiastic. We'll work up to it!

### THE CATEGORIES

**Clean Eating:** How you define Clean Eating is up to you, both in what you eat, what you don't eat, and how often you eat that way. Do you want to eat vegan 4 times a week or go paleo full-time? Are you hoping to eat a strict paleo diet during the week and eat a more relaxed diet on the weekends?

**Physical Activity:** Do you prefer yoga, walking, running, CrossFit? Pick something that works for you and supports your total wellness (including your mental wellness!), and set a frequency you'd like to work up to. For me, that's yoga 4 times a week.

**Mindfulness:** How do you support your mental health? For me, that's short meditations and unplugging on a regular basis. For you, it might be gratitude journaling, solitary walks with no phone, or mindful eating (quiet eating with no screens). Determine your frequency goal for this Mindfulness practice, and we'll break it down by week.

**Relationships:** Which relationships would you like to improve, and how can you do that? For me, I can improve my relationship with my husband by having date night on a regular basis and having dinners at home with no phones or TV. I can improve my relationship with my cousin by making a point to FaceTime her twice a month with my son.

### BREAKING DOWN GOALS

This part is the trickiest of the program: breaking down your goals. Overall, the program works like this:

$$\begin{aligned} \text{our ultimate frequency goal} / 4 &= 1/4fq \\ \text{Week 1} &= 1/4fq \\ \text{Week 2} &= 1/4fq + 1/4fq (= 1/2fq) \\ \text{Week 3} &= 1/4fq + 1/4fq + 1/4fq (= 3/4fq) \\ \text{Week 4} &= 1/4fq + 1/4fq + 1/4fq + 1/4fq (= 1fq) \end{aligned}$$

Let's say your goal is to practice yoga 4 times a week.  $4/4 = 1$ , so your  $1/4fq$  goal each week is to practice once. The second week, you'll add a  $1/4fq$  (which is 1, or practicing once), so you'll practice 2 times. The third week, add another: practice 3 times. Week 4, you'll practice 4 times. Make sense? You're breaking down your goals by 4, so you know what to do each week to smoothly ramp up to your goal frequency.

If you have a goal frequency that's greater than 4? You can round down. You can always ramp up one more on week 5 (after the program is technically over) to meet your goal. You can also choose to start Week 1 with multiple practices! It's your wellness: do what makes sense. Check out the Frequencies sheet for a breakdown of these numbers.

Aiming for less than 4 as your goal frequency? Again, do what makes sense for you. Say you want to do yoga three times a week. You might break it down to 1 time per week. You'll meet your frequency goal early, which is great! You'll just keep on at your goal frequency. Or you could even skip Week 1 and work on the other areas of your total wellness that week. This is YOUR wellness, and YOUR wellness challenge. Do what makes sense. Check out the Frequencies sheet for a breakdown of these numbers.

The next step is to head to your Overall Goals sheet!

*goals: you've got them*

CLEAN EATING

To me, clean eating means avoiding:

And it means eating lots of:

I'd like to ultimately eat clean \_\_\_\_ days a week

PHYSICAL ACTIVITY

The physical activity I'd like to commit to is:

I'd like to ultimately do this activity \_\_\_\_ times a week for about \_\_\_\_ minutes each day.

MINDFULNESS

The mindfulness practice I'd like to commit to is:

I'd like to ultimately do this activity \_\_\_\_ times a week for about \_\_\_\_ minutes each day.

RELATIONSHIPS

The relationship I'd like to improve is with:

I can improve this relationship by:

Doing this: \_\_\_\_\_, \_\_\_\_ times per week/month.

Doing this: \_\_\_\_\_, \_\_\_\_ times per week/month.

Doing this: \_\_\_\_\_, \_\_\_\_ times per week/month.

# frequencies

## GOAL FREQUENCY: 1 TIME A WEEK

Week 1: not at all OR 1 time  
Week 2: not at all OR 1 time

Week 3: not at all OR 1 time  
Week 4: 1 time

## GOAL FREQUENCY: 2 TIMES A WEEK

Week 1: not at all OR 1 time  
Week 2: not at all OR 1 time OR 2 times

Week 3: 1 time OR 2 times  
Week 4: 2 times

## GOAL FREQUENCY: 3 TIMES A WEEK

Week 1: not at all OR 1 time  
Week 2: not at all OR 1 time OR 2 times

Week 3: 2 times OR 3 times  
Week 4: 3 times

## GOAL FREQUENCY: 4 TIMES A WEEK

Week 1: 1 time  
Week 2: 2 times

Week 3: 3 times  
Week 4: 4 times

## GOAL FREQUENCY: 5 TIMES A WEEK

Week 1: 1 time OR 2 times  
Week 2: 2 times OR 3 times

Week 3: 3 times OR 4 times  
Week 4: 4 times OR 5 times  
(Week 5): 5 times

## GOAL FREQUENCY: 6 TIMES A WEEK

Week 1: 2 times OR 3 times  
Week 2: 3 times OR 4 times

Week 3: 4 times OR 5 times  
Week 4: 5 times OR 6 times  
(Week 5): 6 times

## GOAL FREQUENCY: 7 TIMES A WEEK

Week 1: 3 times OR 4 times  
Week 2: 4 times OR 5 times

Week 3: 5 times OR 6 times  
Week 4: 6 times OR 7 times  
(Week 5): 7 times

## goals breakdown

If you have multiple practices within a category (like date night twice a month and no phones after dinner 7 nights a week, print off multiple sheets.

### CLEAN EATING

My ultimate Clean Eating goal is to eat clean (per my own definition) \_\_\_\_ times per week.

Week 1: \_\_\_\_ times

Week 2: \_\_\_\_ times

Week 3: \_\_\_\_ times

Week 4: \_\_\_\_ times

On my "off" days, I'll still try to be reasonable by eating lots of:

And avoiding (preferably include refined sugar, excessive alcohol, and processed foods):

### PHYSICAL ACTIVITY

My ultimate Physical Activity goal is to do \_\_\_\_\_ \_\_\_\_ times per week.

Week 1: \_\_\_\_ times

Week 2: \_\_\_\_ times

Week 3: \_\_\_\_ times

Week 4: \_\_\_\_ times

### MINDFULNESS

My ultimate Mindfulness goal is to \_\_\_\_\_ \_\_\_\_ times per week.

Week 1: \_\_\_\_ times

Week 2: \_\_\_\_ times

Week 3: \_\_\_\_ times

Week 4: \_\_\_\_ times

### RELATIONSHIPS

My ultimate Relationships goal is to \_\_\_\_\_ \_\_\_\_ times per week.

Week 1: \_\_\_\_ times

Week 2: \_\_\_\_ times

Week 3: \_\_\_\_ times

Week 4: \_\_\_\_ times

*week* \_\_\_\_\_

Which days do you plan to eat clean, do physical activity, practice mindfulness, and work on your relationships? Go into this week with a plan, and you'll rock it.  
Write down on which days you plan to do what.

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>
<i>thursday</i>	<i>friday</i>	<i>saturday</i>	