



40 DAYS TO A HAPPIER AND HEALTHIER YOU

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COMMIT TO FOCUSING ON YOUR HEALTH FOR THE NEXT 40 DAYS. WRITE DOWN YOUR GOALS AND PURPOSE TO WHY YOU WANT TO LIVE A HAPPIER HEALTHIER LIFE.

ADD VEGGIES TO YOUR BREAKFAST TODAY.

START YOUR DAY WITH A EARLY MORNING WORK-OUT.

HAVE A LARGE SALAD WITH AT LEAST ONE MEAL TODAY.

RECRUIT A WORKOUT OR ACCOUNTABILITY BUDDY.

TREAT YOURSELF TO NEW WORKOUT CLOTHES OR NEW GYM SNEAKERS.

SPEND THE DAY TECHNOLOGY FREE! FIND OTHER THINGS TO DO WITH YOUR TIME THEN TO PLAY ON SOCIAL MEDIA.

EAT A PROTEIN RICH BREAKFAST LIKE EGGS OR A PROTEIN SMOOTHIE.

MAKE AN APPOINTMENT TO GET YOUR BLOOD WORK DONE BY A DOCTOR.

AIM TO GET 90 GRAMS OF PROTEIN TODAY.

ADD INTERVALS INTO YOUR WORKOUT.

SPEND 30 MINUTES IN DOWN TIME

DRINK A KOMBUCHI. IT IS GREAT FOR DIGESTIVE HEALTH.

CLEAR CLUTTER OUT OF YOUR HOME.

WRITE OUT YOUR WORK-OUT SCHEDULE FOR THE WEEK AND COMMIT TO IT.

DRINK 8 GLASSES OF WATER.

START TAKING A MULTI VITAMIN, VITAMIN D AND AND OMEGA 3'S.

GO MEATLESS FOR THE DAY. GET YOUR PROTEIN FROM FISH, QUIONA, AND LEGUMES.

UPDATE YOUR PLAYLIST WITH MOTIVATIONAL MUSIC.

DRINK A GREEN SMOOTHIE:

REACH OUT TO A FRIEND OR FAMILY MEMBER YOU HAVEN'T SPOKEN TO IN AWHILE AND TELL THEM SOMETHING ABOUT YOUR RELATIONSHIP YOU ARE GRATEFUL FOR.

GO TO BED BY 10PM AND GET 8 HOURS OF SLEEP.

SWAP YOUR COFFEE FOR GREEN TEA TODAY.

GO OUTSIDE AND SPEND SOME TIME WITH NATURE.

CLEAN OUT YOUR PANTRY OF EXPIRED FOOD AND JUNK FOOD.

BEFORE YOU GO TO BED TONIGHT LOOK BACK ON YOUR DAY AND SAY THE TOP 5 THINGS YOUR ARE GRATEFUL FOR.

START YOUR MORNING WITH A WORKOUT.

DO SOMETHING YOU LOVE TODAY. COOK, WATCH A MOVIE, RIDE YOUR BIKE. ETC.

PLAN YOUR MEALS FOR THE WEEK.

START YOUR DAY WITH A LARGE GLASS OF WATER WITH LEMON.

SPEND 10 MINS BEFORE OR AFTER YOUR WORK-OUT TODAY FOAM ROLL-ING.

GO SUGAR FREE TODAY.

ADD SOME JUMP LUNGES, BURPEESS, AND MOUN-TAIN CLIMBERS INTO YOUR WORKOUT TODAY.

SPEND TIME TODAY LAUGHING. GOOD BELLY LAUGHS. WATCH A FUNNY MOVIE OR SEARCH YOU-TUBE.

GET SOME HAND WEIGHTS AND BANDS FOR YOUR HOME AND DO AN AT HOME WORKOUT WHEN YOU CAN'T GET TO THE GYM.

START A FITNESS JOUR-NAL TRACKING YOUR WORKOUTS AND ACCOM-PLISHMENTS.

TRY A NEW WORKOUT MACHINE TODAY LIKE THE ROWER, STEP MILL, PROWLER, ETC.

TAKE A WALK AFTER DINNER TONIGHT.

REWARD YOURSELF FOR COMPLETING 40 DAYS TO A HEALTHIER HAPPIER YOU!



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