

# 2-WEEK PLAN TOWARD WELLNESS

By the Chef Marshall O'Brien Group

## The First Two Weeks

A healthy lifestyle lasts a lifetime, but the first 2 weeks are important for getting into a rhythm you can follow into your future. After reading our blog "Your 2-Week Start to a Nourishing New Year", fill out the plan below and let it guide you in making changes that will help you feel your best moving forward.

### 1. Identify Your Food Philosophy

Reflect and uncover your deep-seated beliefs about food. Finish the sentence:

"I believe food should \_\_\_\_\_."

### 2. Clearly State Your Goals

What do you hope to achieve by living a more nourishing life? Reflect and identify your high-level goals. Perhaps you wish to be free of joint stiffness and pain, lose weight, or feel more energized throughout the day.

#### *List Your High-Level Goals*

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### 3. List Long-Term Steps

For each of your high-level goals, write down the long-term steps you'll need to take to get there. For instance, if your overarching goal is to feel more energized throughout the day, a long-term step may be to cut sugar and processed foods out of your diet and replace them with slow carbs. Possible Long-Term Steps may include:

- Minimize added sugar and processed carbohydrate intake
- Emphasize slow carbs
- Drink adequate water
- Exercise for 30 minutes each day
- Have family dinners 5 nights per week
- Get at least 7 hours of sleep each night

#### High-Level Goal

#### Long-Term Steps to Get You There

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**4. Break Long-Term Steps into Baby Steps**

Break each long-term step into smaller, more manageable baby steps. For example, if a long-term step is to have family dinners 5 nights per week, your baby step might be to cook a family meal one weeknight this week.

Possible baby steps may include:

- Go to sleep early tonight; get at least 7 hours of sleep.
- Drink 1 extra glass of water today.
- Cook one meal at home during the week/have one family dinner this week.
- Swap dark chocolate for one of your desserts this week.
- Pack a healthy lunch for work/school one day this week.
- Eat a protein-packed breakfast at least 3 days this week.
- Switch to whole wheat pasta, whole grain bread or brown rice for one meal this week
- Go for a walk at work.
- Learn to read a nutrition label and understand what it means.

**List Long-Term Steps**

**Baby Steps to Get You There**

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**5. Take Action**

For each day in the next two weeks, choose a couple of your baby steps to implement and write them down. At the end of the day, reflect on how it went – did you reach your goal for the day? What made it easy or difficult? Add new baby steps as they become easier and a comfortable part of your routine.

**Choose Baby Steps for Each Day of the Next Two Weeks:**

**Day 1:** *Today I will* \_\_\_\_\_.

**Day 2:** *Today I will* \_\_\_\_\_.

**Day 3:** *Today I will* \_\_\_\_\_.

**Day 4:** *Today I will* \_\_\_\_\_.

**Day 5:** *Today I will* \_\_\_\_\_.

**Day 6:** *Today I will* \_\_\_\_\_.

**Day 7:** *Today I will* \_\_\_\_\_.

**Day 8:** *Today I will* \_\_\_\_\_.

**Day 9:** *Today I will* \_\_\_\_\_.

**Day 10:** *Today I will* \_\_\_\_\_.

**Day 11:** *Today I will* \_\_\_\_\_.

**Day 12:** *Today I will* \_\_\_\_\_.

**Day 13:** *Today I will* \_\_\_\_\_.

**Day 14:** *Today I will* \_\_\_\_\_.

***Congratulations! You made it through your first two weeks. You are off to a great start!***

The Chef Marshall O'Brien Group is a dedicated assembly of professionals based in Minneapolis, Minnesota committed to the goal of using nutrition to help children and families to lead happier, healthier lives.