

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

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

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.