

30 Days to a Balanced & Healthy You!

Live your healthiest and fullest life possible

At Revivewell we believe life is about balance. Our dream is that you feel confident and in control of your health and life. Wherever your health routine has gotten out of balance, let's start piecing it together again.

Use the guide below for the next 30 days to improve your health and celebrate your life!

Starting today, take a few minutes to self-evaluate, where are you now and what would you like?

1. What does your health routine look like now? What do you do regularly for your mental, physical and nutritional needs?
2. Print out the guide below and write in your thoughts from step 1. in the CURRENT section of the calendar below.
3. What area(s) of your health are you most unhappy or most imbalanced in right now? What ways would you like to improve your health? Make sure you know what life would look like when you achieve those goals.
4. Write it down in the GOALS section of the guide.
5. Every day, find ONE WAY that you can make a healthy choice putting you closer to your goals. (i.e. Walk 2,000 more steps, send a quick note of encouragement to a friend, eat an avocado, meditate for 5 minutes! etc.)
6. *Celebrate!* Celebrate your progress every day – you're getting closer to your fullest potential!

We know the hardest part about a new plan a lot of times is just getting started, so we challenge you, **START NOW!** Don't wait for tomorrow, do something, anything now! Move your body a little more than you did yesterday. Make one better food choice today than you did yesterday. Tell yourself something awesome about yourself today!

If you would like support or motivation while going over your goals, or anytime throughout your 30 days, give us a call or come in to the studio so we can help you out – it's what we love doing – really!

Live Well. Be Well. Revivewell.

Mental

Physical

Nutrition

CURRENT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

REVIVEWELL

GOALS

Mental

Physical

Nutrition