



# Wellness Made Simple

## One Step At A Time

### 12 Weeks to Elevate

Choose your weekly focus  track your progress

Choose one of our curated tips or create your own but keep it simple and grab a friend to join you. Post your progress and tag us on social!

#wellnessmadesimplewithelevate

Weekly Focus:

S	M	T	W	T	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Focus:

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## Week One

**Eat MORE of what makes me feel good.** Pay attention to how food makes me feel. Listen to my body, what foods trigger negative reactions as well as which foods boost focus, energy, or overall well-being.

## Week Two

**Upgrade One Self-Care Product or Cleaning product to start using this week.**

## Week Three

**Identify one area of my wellness I truly want to improve,** note the smallest attainable step I can take toward achieving it. Write it down and go after it.

*Go After It!*

## Week Four

**Change One Meal at a Time:** Pick one meal to improve with a healthier choice and practice mindful eating.

"We become what we want to be by consistently being what we want to become each day."  
-Richard G. Scott



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Week Five

**Track My Body's Signals:** Log energy, sleep, mood, and (if applicable) menstrual cycle daily. Honor your energy levels this week. What can I modify, delegate or eliminate from my week to make more space and honor your body's signals?

*Make Space*

Week Six

**Practice Mindful Breathing:** Dedicate 5 minutes to slow, deep breathing and consciously slow down during the day.

Week Seven

**Add Lemon Water to My Day:** Start my morning with a glass of lemon water to support natural detoxification and hydration.

Week Eight

**Take the First Step:** Begin wherever you are, with whatever you have—starting is the bravest and most powerful move on your wellness journey.

*Just Start!*

"My mission in life is not merely to survive but to thrive and to do so with some passion, some compassion, some humor and some style."

-Maya Angelou





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## Week Nine

**Slowly eliminate or reduce sugar.** Reduce the amount of sugar in my coffee, tea or begin replacing soda for a healthier alternative. Condiments have a lot of sugars too. Choose one area to focus on not all areas. It's a journey.

## Week Ten

**Get moving.** What form of movement sounds good to me? Start with just 5 minutes a day or add an additional 5 minutes to what I am already doing. Invite \_\_\_\_\_

*Take 5*

## Week Eleven

**Unplug and Reconnect.** Set a simple goal to slowly eliminate screen time and add more outdoor time! Put my toes in the sand!

*Unplug*

## Week Twelve

**Eat My Greens!** They are packed with calcium, minerals, and nutrients. Include Kale, Spinach and Collards in your weekly meals.

*Go Green!*

"One inch is a cinch, a mile takes a while."  
-Eileen Mcdargh

