My Health & Fitness Program. Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| My Health & Fitness Goal: (Repetition is KEY, rewrite it! What am I working toward?) | Weight: |  |  |
| Bust |  |  |
| Waist |  |  |
| Hips |  |  |
| Thighs: |  / |  / |
| Week of: | Stretch | Strength | Sweat | My Hydration/Nutrition | Primary Meals | Secondary Meals |
| Sundays |  |  |  |  |  |  |
| Mondays |  |  |  |  |  |  |
| Tuesdays |  |  |  |  |  |  |
| WednesdaysPost workout Weight: |  |  |  |  |  |  |
| Thursdays |  |  |  |  |  |  |
| Fridays |  |  |  |  |  |  |
| Saturdays |  |  |  |  |  |  |
| How I feel about my Week (add a longer entry in your journal): |

Skincare:

We need to nurture a non-negotiable ritual around our skin, hair and dental care… and this is not about vanity. In a world of uncertainty and constant negativity, fear and anxiety, no matter how positive we are, it does filter through to us. Our bodies then release protective stress hormones to put us into our flight mode to protect ourselves, but as it is difficult to escape from these stressors, many of us end up with a build-up of these stress hormones most commonly known as Cortisol. That is why practicing physical as well as mindful and emotional self-care, is a necessity, not a luxury.

 Starting from the ground up, it is important to care for our largest organ the skin, taking the time to regularly scan your body’s skin for any irregularities. Twisting and turning, stretching and flexing to get to all the parts of you will keep your entire body invigorated and flexible.

I suggest the use of the following. (you may have similar practices or tools already but these are inexpensive and work):

* A natural fibre long handle dry brush for full body *Dry Body Brushing*
* A natural Pumice Stone
* Natural Loofah Body Exfoliator
* A good emollient Moisturiser of your choice
* A Nail Brush
* Daily gentle facial Cleansers (cleansers that rinse off are great), Toners, Daytime Moisturizer with sunscreen and a Night Cream
* My cannot-live-without Vitamin E Oil
* Soft toothbrush & comfortable thin floss

All of these should be included in your skincare and oral care & hygiene regime. This would include brushing and flossing twice daily and visiting the dentist and dental hygienist every 6 months.

If you are doing your *Daily HyMMMNSS* you may have all this covered already.