

Your Thanksgiving Week Plan

Print this guide, fill it out, and post it somewhere visible to remind yourself of the goals you have set for your Thanksgiving week.

WE LOVE BEING SOCIAL! SHARE WITH THE STRONGER U COMMUNITY SOME OF THE HURDLES YOU WANT TO TACKLE THIS WEEK!

Your Thanksgiving week plan

Use the boxes below to plan out your Thanksgiving week's intentions. Include action items that you can complete to support your goals!

Leading up to Thanksgiving, I will

(Check off the statements that you will commit to this week)

Pre-track all breakfasts and lunches

Limit alcohol consumption to just Thanksgiving Day

Prioritize movement consistently through the week

Message my coach with a picture of this plan

Aim to hit hydration

Complete both my pre-Thanksgiving and post-Thanksgiving check ins with my coach

Pre-Thanksgiving

Ideas include: completing this plan and posting it somewhere visible or getting movement in.

Thanksgiving Day

"365 days a year x 3 meals a day = over 1000 meals a year. Pick 10% to really enjoy. The other 90%, eat healthy."

-Coach Karen B.

Post-Thanksgiving

Ideas include: Adding vegetables to your leftover plate or grabbing groceries to jump back in next week.

One exercise or movement goal I will commit to at least 3 times this week

Track your progress:

 

Thanksgiving Day

I CANNOT WAIT TO ENJOY...

ONE THING I CAN LEAVE OFF MY PLATE...

Notes for my next Check in

Use these notes to help inspire what you want to tell your coach about during your post-Thanksgiving check in!

MORE OF THIS:

LESS OF THIS:

SOMETHING I'M PROUD OF

MY FAVORITE MOMENT OF THE WEEK

NEXT WEEK I LOOK FORWARD TO
