



Journey Measure Checklist

Vision: What does your Ideal Holiday Season Look Like? _____

Goal: What goal path did you choose? _____

Destination: What specifically is the end result? (drop 10 lbs, inches, size, etc.) _____

What is journey tracking?

You've now decided your vision, goal path and a specific destination. With that in mind, we now want to look at how to track those lifestyle factors in order to end find the best lifestyle that helps you reach your destination and realize your vision for the holidays (and for life). How we do that is by using what we call journey tracking.

Journey tracking is simply identifying the specific actions or # of actions (aligned with your lifestyle behaviors) that if done consistently will lead to your destination. For example, a journey measure maybe the following for each lifestyle behavior. Workout 3 days a week (exercise), 120 carbs per day (nutrition), sleep 8 hrs at least 5 days a week (sleep), 1 positive affirmation & forgiving myself if I slip on my diet (mindset), 1 massage a month (stress).

You can have as many or as little as you need. I recommend starting with one journey measure for your top 2-3 lifestyle behaviors. That means you track these things consistently and track your destination #'s to see improvement. If your destination numbers aren't improving then you may need to adjust. Do not get discouraged by this. Trial and error and tweaking is a part of the process to a lasting lifestyle.

Pat yourself on the back because you are creating a solid blueprint for a healthy holiday season!

Once again, be open to learning, tweaking and adjusting based on what works and what doesn't work. **YOU ARE CREATING A FOUNDATION FOR LONG LASTING CONSISTENCY!!!!**

Let's Rock that Little Black Dress!

Please keep in mind these are just a few examples of journey measures. There are multiple ways to address these lifestyle behaviors and that not all will apply to everyone. Use what applies and add in what you need to make it work for you. Design YOUR Healthy Holiday Blueprint! For Example, I adjust and tweak mine all the time since we are always changing and so does our environments.



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1. Nutrition/Intake

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# of Meals							
Water Amount							
Goal Macros							
Style of Eating							
Supplements							
Fiber per day (Norm is 25-35g)							

2. Exercise

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio (time and type)							
Lifting (Cross-Training, Circuits, Weights)							
Home Workouts							
Yoga, Pilates and other Class workouts							
Miscellaneous Purposeful Activity							
Other							

3. Mindset

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditation							
Prayer/Church							
Sensory Focus Time (Nature)							
Reading, Music, and/or Art Time							
Self Care Time							
Other							



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4. Sleep

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# Hours per Night							
Supplement to Aid it Sleep Health							
Was your bed made before getting in?							
Your Bedtime Routine to help with sleep							
Last Caffeinated Beverage before bed?							
When does electronics go off before bed?							

5. Stress Management

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Self Care Time							
Avoiding Stressful Stimuli							
Purposeful Time Out Time (time for yourself)							
Be with a Friend							
Have Alone Time							
Other							