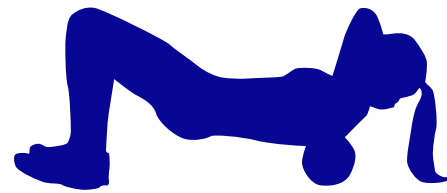




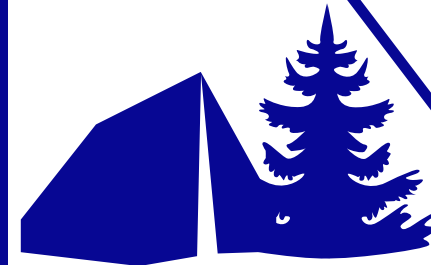
REST



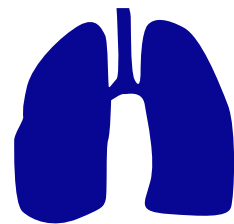
Meditation



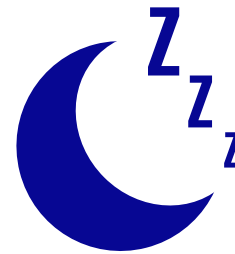
Stretch/Foam Roller



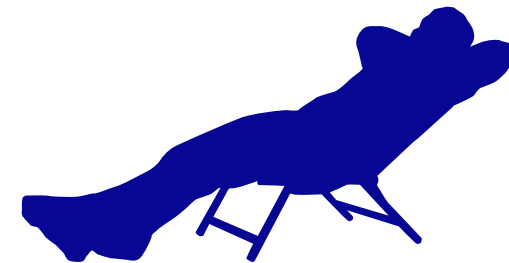
Nature



Breathing



Sleep



White Space



EAT



Meal Patterning

Nutrition Facts	
Serving Size Amount Per Serving	
Calories	
Total Fat	
Saturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Sugars	
Protein	
Vitamin A	
Vitamin C	
Calcium	
Iron	

Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber

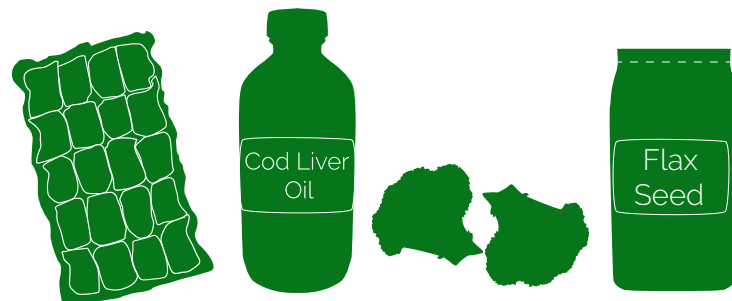
Calories

80
/ 20

80/20 Rule



Hydration



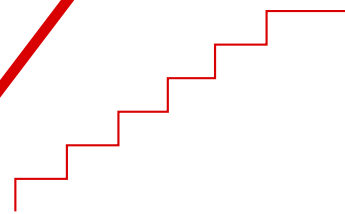
Superfoods



Upgrades



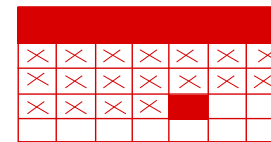
BEHAVIOR CHANGE



Small Steps



Action Plan



Monitor
your success



Self Awareness



What do you want?



Find your why



MOVE



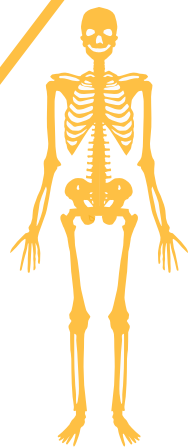
Strength
Training



Mobility
Flexibility



Fun/Play



Posture/Body
Alignment



Dynamic
Foundation



Cardio