

W

YOUR HOLIDAY SURVIVAL GUIDE

HOW F.A.M.S.S.S WILL HELP YOU BE SUCCESSFUL THIS HOLIDAY SEASON!



FOOD: ENJOY THE SEASON WITHOUT OVERINDULGING BY CHOOSING BALANCED, NUTRIENT-RICH MEALS THAT KEEP YOU ENERGIZED AND SATISFIED.



ALCOHOL: SIP SMARTLY AND KEEP TRACK, AS MODERATION CAN HELP YOU FEEL CLEAR-HEADED AND ENERGIZED FOR ALL THE HOLIDAY FUN.



MOVEMENT: KEEP MOVING, EVEN IF IT'S JUST A WALK, TO BOOST MOOD AND MANAGE HOLIDAY STRESS.



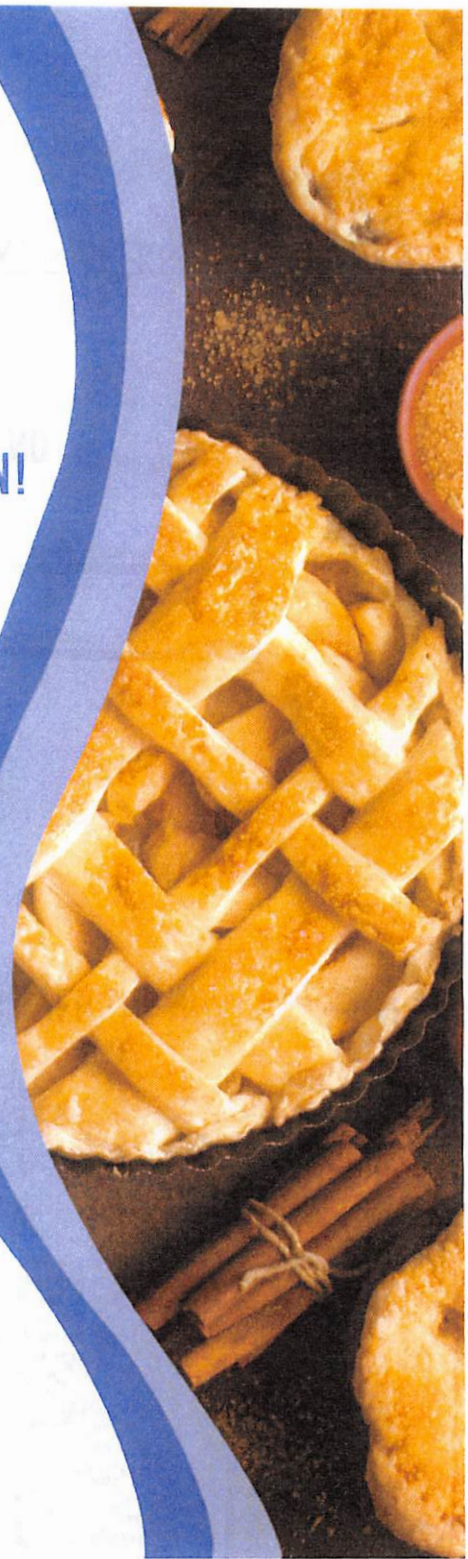
STRESS: PRIORITIZE SELF-CARE BY SETTING ASIDE TIME TO RECHARGE, HELPING YOU STAY CALM AND CENTERED.



SUGAR: SAVOR SWEETS MINDFULLY TO KEEP ENERGY LEVELS STABLE AND AVOID POST-SUGAR CRASHES.



SLEEP: PRIORITIZE RESTFUL SLEEP TO STAY REFRESHED, FOCUSED, AND BETTER ABLE TO HANDLE THE HOLIDAY RUSH.



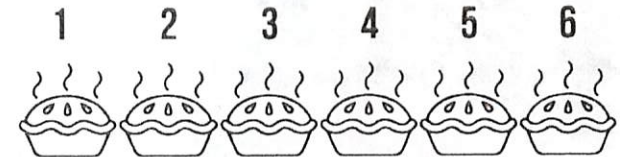
NOW LET'S TAKE ACTION! MAKE A PLAN AND COMMIT TO IT FOR THE NEXT 6 WEEKS. COMPLETE THE CHART BELOW ON HOW YOU WILL INCORPORATE F.A.M.S.S.S INTO YOUR DAILY LIFE!

SCAN THE CODE FOR AN IN DEPTH BREAK DOWN OF F.A.M.S.S.S WITH COACH JOHN!



FOOD: REMEMBER TO ENJOY 6 RELAXED DAYS OF HOLIDAY EATING, NOT 6 WEEKS!

→ COLOR A  WHEN YOU COMPLETE ONE OF THESE DAYS.



ALCOHOL: NO MORE THAN DRINKS IN ONE SITTING AND NO MORE THAN DRINKS OVER THE NEXT 6 WEEKS!

→ REMEMBER, A LOW SCORE WINS!

MOVEMENT: I WILL MOVE FOR AT LEAST 30MIN A DAY, DAYS A WEEK!

→ MOVEMENT PROMOTES BLOOD FLOW AND IS ONE OF THE BEST STRESS RELIEVERS AND MOOD BOOSTERS OUT THERE!

STRESS: MY GO TO STRESS RELIEVERS WILL BE AND

→ BREAK THE PATTERN OF STRESS LEADING TO NEGATIVE BEHAVIORS, LIKE STRESS EATING, DRINKING, SMOKING, ETC

SUGAR: DO I HAVE SUGAR FREE ENVIRONMENTS? CIRCLE FOR EACH. HOME: YES - NO WORK: YES - NO

→ REMEMBER THAT WILL POWER OFTEN FAILS, AND ENVIRONMENTS MAKE WINNING EASIER!

SLEEP: I WILL AIM TO HAVE NO MORE THAN NUMBER OF POOR SLEEP NIGHTS OVER THE NEXT 6 WEEKS!

→ SLEEP IS CRUCIAL TO A BETTER MOOD AND MORE ENERGY!

