

FOCUS: PHYSICAL WELLNESS

MON



Meal prepping lunch is a proactive step to ensure you are consuming nutritious meals consistently. By planning and preparing ahead of time, you avoid the temptation of fast food options and save time during busy weekdays.

MEAL PREP LUNCH

- Plan your meals for the week ahead with our meal planner template on the next page.
- Create a shopping list of all the ingredients you'll need.
- Have a selection of Tupperware that will keep your meals organized and easily accessible.

RECIPE RESOURCES:

- [Ambitious Kitchen](#)
- [Eat the Gains](#)
- [Fit Foodie Finds](#)
- [Half Baked Harvest](#)
- [Mary's Whole Life](#)

TAKE ACTION: Dedicate a specific time each week to plan your meals. Remember to share your delicious creations with us! Tag @sceniccityneuro for your chance to win a one of a kind Scenic City Neurotherapy t-shirt.

TUE



In his book "[Make Your Bed](#)," [Admiral William H. McRaven](#), a retired Navy SEAL, emphasizes the importance of starting your day with the simple act of making your bed. McRaven suggests that this small accomplishment can have a ripple effect, positively impacting the rest of your day.

MAKE YOUR BED FIRST THING

- Start with a small win, providing a sense of accomplishment and setting a positive tone for the day.
- Stick to a routine in the morning. If you keep this mindset in everything you do, you'll find it easier to concentrate and get things done well.
- Plus, a neatly made bed can create a sense of calm and organization in your bedroom.

TAKE ACTION: Commit to making your bed daily and notice how doing it consistently for a week positively affects your mindset and productivity.

weekly Meal Plan

M O N D A Y

Breakfast	Lunch	Dinner	Snacks

T U E S D A Y

Breakfast	Lunch	Dinner	Snacks

W E D N E S D A Y

Breakfast	Lunch	Dinner	Snacks

T H U R S D A Y

Breakfast	Lunch	Dinner	Snacks

F R I D A Y

Breakfast	Lunch	Dinner	Snacks

S A T U R D A Y

Breakfast	Lunch	Dinner	Snacks

S U N D A Y

Breakfast	Lunch	Dinner	Snacks

WED



Proper hydration is essential for maintaining optimal health and well-being. Tracking your water intake helps ensure you're meeting your body's hydration needs, which can improve digestion, regulate body temperature, and boost energy levels.

TAKE ACTION: Set a hydration goal for each day and keep track of your progress to stay motivated. Share a picture of your water bottle on social media and invite your friends to join you in staying hydrated. Don't forget to tag @sceniccityneuro!

TRACK WATER INTAKE

- Carry a reusable water bottle.
- Set reminders on your phone to drink water at regular intervals.
- Flavor your water with fresh fruits or herbs.
- Drink a glass of water before each meal.

THU



Creating a peaceful eating environment enhances the enjoyment and digestion of your meals. By minimizing distractions and fostering a calm atmosphere, you can savor your food mindfully and promote healthier eating habits.

TAKE ACTION: Check out online articles such as "[Cultivating a Pleasant Eating Environment](#)" for helpful tips.

CREATE A PEACEFUL EATING ENVIRONMENT

- Set aside dedicated time for meals.
- Remove screens or work-related tasks.
- Choose a quiet, well-lit space.
- Minimize clutter and distractions.
- Focus on the taste, texture, and nourishment of each bite.

FRI



Find activities you enjoy to boost motivation and stick to your fitness routine. Instead of typical exercises, incorporate daily activities like biking for errands or exploring new places through walking, biking, or canoeing.

TAKE ACTION: Identify an exercise you enjoy and incorporate it into your weekly routine. Share a photo of your preferred exercise on social media, tag @sceniccityneuro, and tell us why you love it!

CHOOSE EXERCISE YOU ENJOY

- Listen to your favorite audiobooks or podcasts while doing household chores or exercising.
- Take short breaks during work to do simple exercises like squats or wall push-ups.
- Explore YouTube accounts like [growwithjo](#) and [Pamela Reif](#) for fun, at-home workouts.

SAT



Incorporating short daily walks into your routine is an effective way to increase physical activity and promote overall health. Walking boosts circulation, reduces stress, and enhances mood.

TAKE DAILY SHORT WALKS

- Schedule short (10-15 mins) walks during work breaks or after meals.
- Turn your walk into a social activity by inviting a friend or calling them.
- Listen to a podcast to make walks enjoyable and educational.
- Bring along your pet for quality bonding time.

TAKE ACTION: Read these [Tips for Incorporating Short Walks](#) into your day and share a photo of your walking adventures for your chance to win a Scenic City Neurotherapy Tumbler. Make sure to tag @sceniccityneuro when making a post on your story or page.

SUN



Keeping a regular sleep schedule enhances focus and productivity at work, boosts energy levels, fosters a greater desire for physical activity, reduces cravings for unhealthy foods, minimizes impulsive behaviors, lowers irritability, and aids in stress management.

STICK TO A SLEEP SCHEDULE

- Set a consistent bedtime and wake-up time.
- Create a relaxing bedtime routine to signal to your body that it's time to wind down.
- Limit exposure to screens and stimulating activities before bed to promote better sleep quality.
- Prioritize sleep as a non-negotiable aspect of your self-care routine.

TAKE ACTION: Review [Andrew Huberman's toolkit for sleep](#). Then, tonight, commit to going to bed and waking up at the same time every day for the rest of the week.