5-DAY

# Holiday Prep

## MINI WORKBOOK

One page for each challenge day.

DAY 1

## Make Room for Yourself

Create a little breathing room in your schedule and decide how you'll prioritize your health.

**Today's Action:** Choose one small act of self-care or health support and put it on your calendar.

### Reflect + Plan

**What one thing do I need most right now?**

**Where can I make a little breathing room this week?**

**What small step can I protect on my calendar?**

*Done is better than perfect. Keep moving forward.*

5-DAY

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DAY 2

## Stock Your Backups

Identify easy THM-friendly foods to keep available when schedules get crazy.

**Today's Action:** Pick 3 backup foods or meals and add any missing items to your next grocery list.

### Reflect + Plan

**What are 3 easy foods or meals I can keep on hand?**

**What do I already have in my pantry, fridge, or freezer?**

**What do I need to add to my grocery list?**

*Done is better than perfect. Keep moving forward.*

5-DAY

# Holiday Prep

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DAY 3

## Give Your Future Self Dinner

Prepare a freezer meal, cook extra portions, or get something ready for a busy evening.

**Today's Action:** Prepare one dinner, protein, or dinner component ahead of time.

### Reflect + Plan

**Which upcoming night is likely to feel rushed or stressful?**

**What meal, protein, or component could I prep ahead?**

**What would make dinner easiest for my future self?**

*Done is better than perfect. Keep moving forward.*

5-DAY

# Holiday Prep

## MINI WORKBOOK

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DAY 4

## Plan Your Holiday Favorites

Decide which holiday foods matter most to you, which ones you'll make THM-friendly, and how you'll enjoy the celebrations without guilt.

**Today's Action:** Write down your favorite holiday foods and decide ahead of time how you want to enjoy them.

### Reflect + Plan

**What holiday foods do I truly look forward to?**

**Which foods could I make THM-friendly?**

**How do I want to approach holiday meals with intention?**

*Done is better than perfect. Keep moving forward.*

5-DAY

# Holiday Prep

## MINI WORKBOOK

One page for each challenge day.

DAY 5

## Make Your Busy Week Plan

Put together a realistic plan for meals, movement, and self-care when your schedule gets full.

**Today's Action:** Make a simple busy-week plan for meals, movement, and self-care.

### Reflect + Plan

**What easy meals can I rely on when life gets busy?**

**How can I keep moving, even when my routine changes?**

**What is one habit or support I want to protect this week?**

*Done is better than perfect. Keep moving forward.*