



5-DAY

Holiday Prep

CHALLENGE CHECKLIST

A simple one-page guide for all five days.

DAY
1



Make Room for Yourself

Done

☐

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

My note: _____

DAY
2



Stock Your Backups

Done

☐

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

My note: _____

DAY
3



Give Your Future Self Dinner

Done

☐

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

My note: _____

DAY
4



Plan Your Holiday Favorites

Done

☐

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

My note: _____

DAY
5



Make Your Busy Week Plan

Done

☐

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

My note: _____

Small steps now = a calmer holiday season later.