



## HEALTHY LIFESTYLE QUICK START GUIDE Checklist

To be used in conjunction with your Healthy Lifestyle Quick Start Guide.

### Tasks ;

- 1) Start the day with a happy thought and a smile.
- 2) Drink a glass of water when you get up and throughout the day.
- 3) Get outdoors.
- 4) Bodyweight exercises.
- 5) One carb free meal a day.
- 6) Activity that gets your heart beating faster.
- 7) Stop comparing yourself to others.
- 8) Eat lots of colourful fruit and vegetable.
- 9) Appreciate something or someone.

Week commencing :	Task 1	Task 2	Task 3	Task 4	Task 5	Task 6	Task 7	Task 8	Task 9	Smashed it !
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

**Pearl Lifestyles with Lisa**

[lisajohnson@pearllifestyles.com](mailto:lisajohnson@pearllifestyles.com) <https://www.pearllifestyles.com/>

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