

THE STANDARDS BUILDER

	WEEKS 1-4	WEEKS 5-8	WEEKS 9-12
EXERCISE			
SLEEP			
CARDIOVASCULAR			
WATER			
CAREER			
SOCIAL			
BED TIME			
STEPS			
NUTRITION STANDARS			

CHEAT SHEET

AUTOMATIC NUTRITION



Make sure to have protein at every meal.



Have 1-3 vegetables at every meal.



Always aim to have the highest quality foods.



Don't forget to include fats in your diet.



Be intentional with your snack choices.



Eat a minimum of 1+ of fruit per day.



Plan your meals ahead of the day, the times, and the foods you're going to eat and keep meal frequency consistent.



If you choose one poor-quality meal, never have two in a row.



Opt for low-calorie drinks, sauces and options regularly.



Chew your food slowly and stop eating when 80% full.

DAILY PLANNER

DATE:

DAY:

SCHEDULE

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

13:00 _____

14:00 _____

15:00 _____

16:00 _____

17:00 _____

18:00 _____

19:00 _____

20:00 _____

21:00 _____

22:00 _____

23:00 _____

NOTES

TO DO LIST

COULD DO LIST

DAILY REFLECTION

MEAL 1: _____

MEAL 2: _____

MEAL 3: _____

MEAL 4: _____

SNACKS: _____

WHAT AM I EXCITED ABOUT?

TODAY'S OUTCOME:

TOMORROW'S MISSION:

SHOPPING LIST

SELECT FROM THE VARIOUS BOXES AS YOU WISH HIGH PROTEIN HIGH CALORIE LOW CALORIE

CHICKEN

TURKEY

EGGS

SALMON

MINCE

COD

TUNA

HAM

OATS

POTATOES

RICE

SWEETPOTATO

PASTA

COUSCOUS

WRAPS

PITTA BREAD

NUT BUTTERS

CASHEWS

ALMONDS

DARK CHOCOLATE

AVOCADO

OLIVE OIL

MACKEREL

COCONUT OIL

SELECT FROM THE VARIOUS BOXES AS YOU WISH HIGH PROTEIN HIGH CALORIE LOW CALORIE

GREEK YOGHURT

PROTEIN YOGHURT

MILK

PRAWNS

PROTEIN BAR

COOKED MEAT

BEEF JERKY

BOILED EGGS

GRANOLA

FLAPJACKS

PROTEIN BARS

RAISINS

NUTS

MILK

DARK CHOCOLATE

NUT BUTTER

RICE CAKES

FIBRE ONE BARS

LOW CALORIE JELLY

APPLES

BANANAS

WATERMELON

BERRIES

COOKED MEAT

SELECT WHERE NECESSARY LIQUIDS, VEGETABLES, OTHER

HOT SAUCE

LIGHT MAYO

LOW CAL KETCHUP

SALSA

DIET COKE

MILK

SUGAR FREE WATER

COFFEE/TEA

BROCCOLI

SPINACH

BEETROOT

SALAD

STIR-FRY VEG

CARROTS

CAULIFLOWER

SWEETCORN

SHAMPOO

SHOWER GEL

COOKING SPRAY

TOOTHPASTE

BINBAGS

TINFOIL

TOILET PAPER

SANDWICH BAGS

WEEKLY PLANNER

TO-DO LIST

- 1 _____
- 2 _____
- 3 _____
- 4 _____

OTHER TASK

- 1 _____
- 2 _____
- 3 _____
- 4 _____

SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES
