

The Mindset Behind Getting Into Awesome Shape

BOOTCAMP

...It's Not About Being Perfect

Week 5: Lesson 2



Tips To Help Distract You From Running To the Fridge and Pantry For Junk

When you're super busy, it's easy to fall into "not so healthy" eating habits.

Don't stock junk food in your fridge or pantry



Make a to-do list...

- ✓ Exercise
- ✓ Walk your dogs
- ✓ Stretch
- ✓ Read a book
- ✓ Keep yourself occupied



When you have the tv on, be mindful of how it will affect you and your emotions.

gossip

bitching

chaos

fighting



negativity

emotional roller coaster



We don't let kids watch certain tv shows because of the content, yet we watch all kinds of crazy negative stuff ourselves



If you know there are shows that are making you feel awful emotionally, change the shows you're watching and change what you're doing when you're watching them.





opportunity

positive

fun

Turn this around, make small changes that can have an awesome impact on you getting into great shape and helping you stay more positive.

inspire

get into great shape



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ACTION STEP

Open and complete Your combat-the-junkfood-pantry-sheet.pdf nutrition sheet...

Then share it in the Bootcamp
Private Facebook Group...

