



Weekly Resources

Week One:

- [Journal Page](#)
- Workout:
 - [Upper Body with Faith Rawley](#)
 - [Lower Body with Faith Rawley](#)
 - [Core with Faith Rawley](#)
- Mental Health: [Self Care is the Gift that Keeps Giving](#)
- Nutrition: Breaking Free from the Diet Cycle
 - [Video](#)
 - [PowerPoint](#)
 - [Worksheet](#)

Week Two:

- [Journal Page](#)
- Workout:
 - [Upper Body with Kaori Fraser](#)
 - [Lower Body with Kaori Fraser](#)
 - [Balance and Stability with Kaori Fraser](#)
- Mental Health: [Balance During the Holidays Work, Rest and Play](#)
- Nutrition: Fuel Your Life by Building a Balanced Plate
 - [Video](#)
 - [PowerPoint](#)
 - [Worksheet](#)