



Don't Gain the Quarantine 15!

Congratulations on taking action!

That's a major first step to getting what you want!

See below your FREE guide of 7 simple ways to avoid the Quarantine 15 and as a BONUS... your FREE mindset guide sheet.

Take a look at the 7 ways below, then simply fill out the mindset sheet for one week to become more aware (NOT to judge yourself, but to become more *curious*)! This can help you ***find*** where you need more attention in your life, what you ***need*** most and create mindset goals **to get what you want.**

We're in this together!

Julie
& the PHS team

* This is not to replace the advice of your doctor or to treat or cure any sickness or disease. Make sure to seek medical direction and advice from your medical doctor before starting any health or wellness plan.



1- Intermittent Fasting:

This doesn't have to sound scary. In fact you already do it every night! Try to finish your last meal 3-4 hours before you go to bed and wait 12-14 hours before your first meal the next morning.

2- Hydrate:

Drink more water or green tea. There's many benefits to green tea and most of the time when you may feel hungry, you may actually be thirsty. Before going for snacks, drink a glass of water or tea. Try even a glass of hot water and lemon for great detoxing benefits.

3- Reduce your sugar intake:

If you have sugar cravings, first try #2 above. If you still have them, go for sweet berries first or even pop a piece of gum in your mouth or brush your teeth. Mints are a great way to curb the sweet tooth.

4- Eat the *RAINBOW*: *(No, I'm not talking about Skittles)*

Eat colorful foods. Eat your veggies. Look at your plate... is it mostly brown, cream tones, or does it have multiple colors? Try having 3 colors from the rainbow on your plate at each meal.



5- Supplement:

Reports show that our nations soil is malnourished in several vitamins and minerals. Therefore, we eat malnourished foods and we become malnourished. Our food doesn't have what it used to and the only way to get adequate amounts is to supplement. Choosing the right brands is a must. Make sure to choose quality pharmaceutical grades, unlike your local stores like Walgreens or Costco. Two of my favorite places to get nutraceutical supplements is Common Sense and Thorne which you can find online. Keeping up with proper supplements can improve your mood, metabolism and immune system.

6- Exercise:

If you're someone who likes to go to the gym like I do, this is the chance to find a new opportunities and ways to increase that heart rate at home. There are so many free offers online that don't take a lot of space. You can find



yoga, body weight resistance training, go walking outside, up and down stairs in your home, dancing, etc. Whatever you decide, make sure to choose something you enjoy and think of how good you feel afterwards, so you'll continue to do it. Think of how good you feel after you exercise and remember that feeling to move you to do it again and again.



7- Mindset:

Change only happens when you want it to. Ask yourself, “How bad do you want it?” and what’s the alternative? The difference between those who succeed and those who don’t is in those who BELIEVE.



1. Intermittent Fasting: What was the time of your last meal (L) and your first (F) meal?

Mon (F): _____ (L): _____

Tue (F): _____ (L): _____

Wed (F): _____ (L): _____

Thurs (F): _____ (L): _____

Fri: (F): _____ (L): _____

Sat: (F): _____ (L): _____

Sun: (F): _____ (L): _____

2. Hydration: How many glasses (G) or ounces (O) of water did you drink today? This can include non-caffeinated tea.

Mon (G): _____ (O): _____

Tue (G): _____ (O): _____

Wed (G): _____ (O): _____

Thurs (G): _____ (O): _____

Fri: (G): _____ (O): _____

Sat: (G): _____ (O): _____

Sun: (G): _____ (O): _____

- 3. Reduce your Sugar!** Ask yourself... When I have a sugar craving, what is my body “*really*” craving? An emotion (E), Need to escape? De-stress? To feel wanted/good? Feel depressed? Or simply a (S) sweet tooth and what did you chose? This is not a place to judge! Only to become aware to help chose a healthier option!

Mon (E): _____ (S): _____

Tue (E): _____ (S): _____

Wed (E): _____ (S): _____

Thurs (E): _____ (S): _____

Fri: (E): _____ (S): _____

Sat: (E): _____ (S): _____

Sun: (E): _____ (S): _____

- 4. Eat the rainbow...** How many **COLORS** were in your 3 meals?

Mon (1): _____ (2): _____ (3): _____

Tue (1): _____ (2): _____ (3): _____

Wed (1): _____ (2): _____ (3): _____

Thurs (1): _____ (2): _____ (3): _____

Fri: (1): _____ (2): _____ (3): _____

Sat: (1): _____ (2): _____ (3): _____

Sun: (1): _____ (2): _____ (3): _____

5. Supplements/Nutraceuticals - If you take some, write down what (W) you took and the time (T) you took it. If you're not sure what to take or where to get the best quality for your buck, check out a great test to find out what your body's deficient in and what's best for you: Vhg.groovepages.com/nutritest/

My top 4 that I personally make sure to take during this crisis is:

Probiotic, Vit ADK combo, Iodine with selenium & zinc, and vitamin C

Mon (W): _____ (T): _____

Tue (W): _____ (T): _____

Wed (W): _____ (T): _____

Thurs (W): _____ (T): _____

Fri (W): _____ (T): _____

Sat (W): _____ (T): _____

Sun (W): _____ (T): _____

6. Exercise! Document (W) what you did, (L) length of time you did it and the feeling (F) you felt afterward! Associating exercise with the great feelings you feel (oxytocin release) when you're done. It helps boost follow through to do it again and again!

Mon: (W): _____ (L): _____ (F): _____

Tue: (W): _____ (L): _____ (F): _____

Wed: (W): _____ (L): _____ (F): _____

Thurs: (W): _____ (L): _____ (F): _____

Fri: (W): _____ (L): _____ (F): _____

Sat: (W): _____ (L): _____ (F): _____

Sun: (W): _____ (L): _____ (F): _____

7. Mindset! One thing I have written on my bathroom mirror so I see and read it everyday is **Intention + Follow through = Outcome**. Intention is doing something with purpose and follow through must have a plan. Now this doesn't have to be big. And in fact it's a bunch of little things I practice every day. Write down your goal (G) for the week, list your intentions (I), your follow through (F) and notice the outcome (O) you received. Don't cheat yourself, and be honest! For example my goal to work out in the am has a few intentions and follow thru's...

(I): Set alarm in am (F) Get up out of bed-don't think about it, just act!

(I): Get dresses/workout clothes laid out (F) Put clothes & shoes on

(I): Have a planned workout (F) Start workout by "x" time

Outcome... I feel like I accomplished 4 things as silly as that seems.

I got out of bed, got dressed appropriately, started my workout, and obtained my goal!

WEEKLY GOAL: _____

Mon (I): _____ (F): _____ (O): _____

Tues (I): _____ (F): _____ (O): _____

Wed (I): _____ (F): _____ (O): _____

Thurs (I): _____ (F): _____ (O): _____

Fri (I): _____ (F): _____ (O): _____

Sat (I): _____ (F): _____ (O): _____

Sun (I): _____ (F): _____ (O): _____

Remember, this is a mindset sheet to bring more awareness to our decisions, where they have taken us thus far, and the options we can make to take a different path! Print these off to use every week