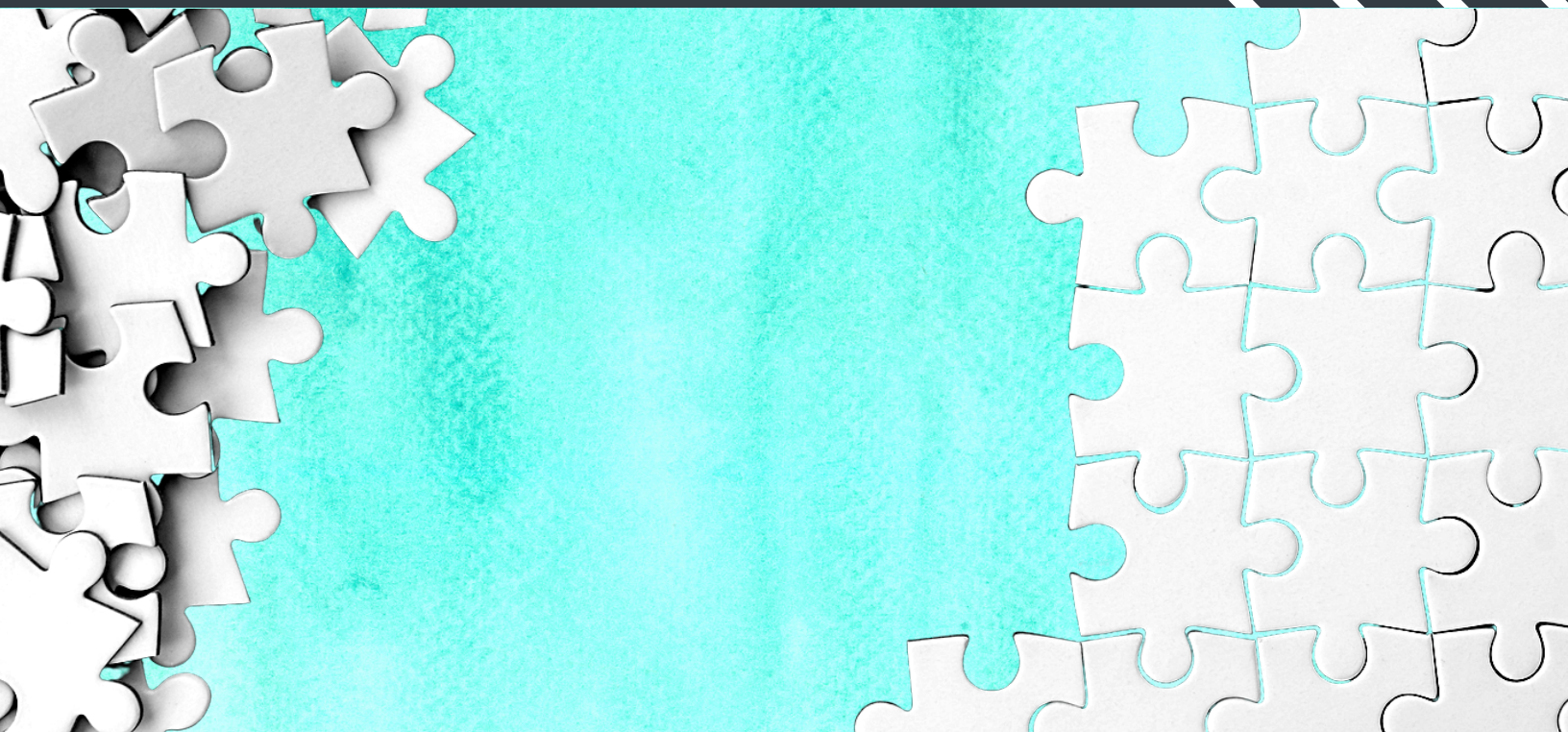




LIFESTYLE HABITS

LIFESTYLE HABITS

WHAT IF I DON'T WANT TO LOG MY FOOD EVERY DAY?

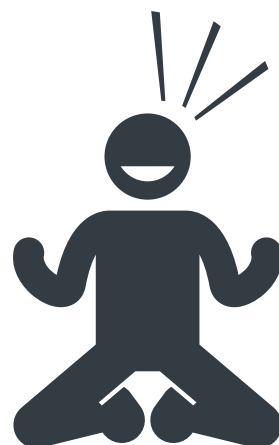
If you have tried logging your food but don't have the bandwidth for it or want to work on other aspects of your healthy lifestyle, then kickstart your nutrition habits with a 28 Day Challenge.

Your 28 Day Challenge is something you can tailor to your goals and solidify the simple yet powerful habits that can get you to your goals.

HOW TO CREATE YOUR CHALLENGE

I've created a printable template for you to make your challenge so you can work on what will make the most significant impact for you. I encourage you to focus all your efforts on only habit a time to build the lifestyle that works for you.

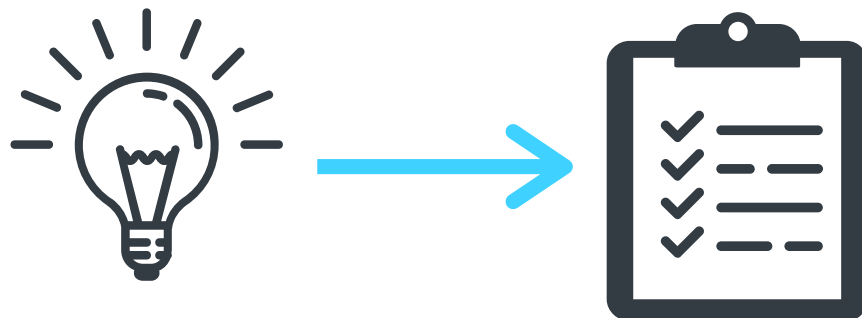
On the following pages, I have created a list of ideas for habits you can incorporate into your 28 Day Challenge. Feel free to develop personalized habits as well if there is something more specific that you would like to work on.



KEYS TO GOOD HABITS

HOW TO MAKE A GOOD HABIT FOR THE 28 DAY CHALLENGE

- **Use active habits instead of deprivation:** pick a habit where you need to take action instead of abstaining or depriving yourself, except an alcohol or caffeine fast. If you are counting down the days until the challenge is over so you can indulge, you aren't creating a sustainable lifestyle.
- **Make it measurable:** while "feeling better" is a great reason to embrace a healthier lifestyle, how will you know if you have achieved "feeling better"? Break your goal down into something measurable, like sleeping 8 hours per night or taking 8,000 steps per day.
- **Make it easy:** make your habit easy, then build upon them. If you want to eat more vegetables, an easy habit can be just opening the vegetable drawer in your fridge daily. You don't need to move a mountain in a day.
- **Keep it simple:** you might look at some habits and think, "This is ridiculously easy." I made the habits ridiculously easy by design. Keep the barrier of completion low so you can build momentum and confidence. If you start with something straightforward, you are bound to do more and build upon it.



PICKING A HABIT

I recommend pursuing only one habit at a time. I'm a big believer in doing less, but better. The only exception would be if you wanted to pursue all four hand portion habits because they are similar and follow the same concept.

There are a couple of ways to choose which habit to work on: first, you can pick one category and go all-in on one aspect of your healthy lifestyle. Doing consecutive challenges with habits from the same category will reinforce one part of your lifestyle so you can become a master. For example, you could do no screens 30 minutes before bed for 28 days then work on being in bed before 10:00 pm for the next 28 days.

The second way is to pick a habit from one category for the first challenge then switch to another category for the following challenge to create a well-rounded lifestyle.

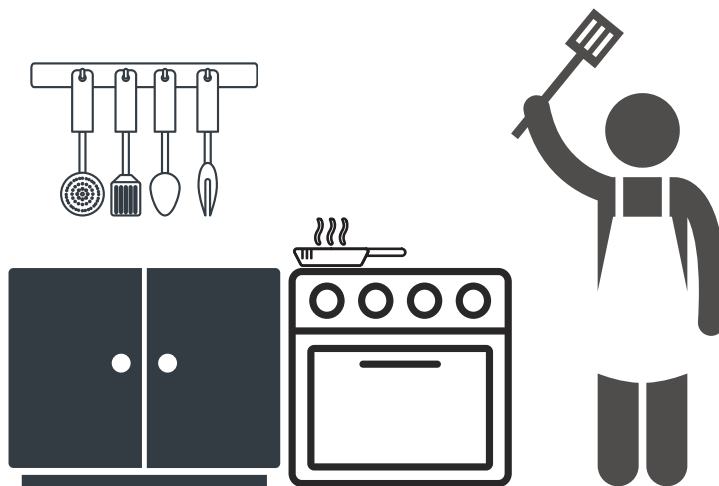
All of the following habit suggestions are ideas for you. Pick the ones that resonate with you the most and will be challenging but achievable. If you find yourself struggling to make any progress, simplify the habit. Conversely, if the habit is effortless, pick something more challenging.



NUTRITION HABITS

NUTRITION

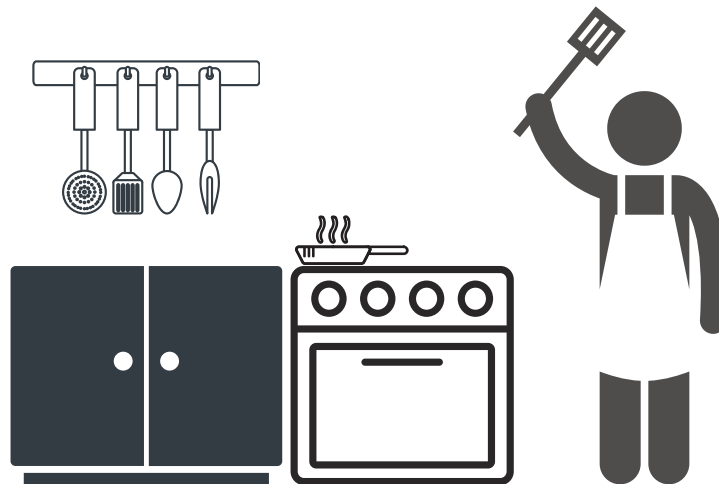
- Establish a 12-hour eating window (ex: eating from 8:00 AM to 8:00 PM, fasting from 8:00 PM to 8:00 AM)
- Eat breakfast before 10:00 AM
- Don't eat after 9:00 PM
- Only eat fruits or vegetables after 9:00 PM
- Chew at least one bite of food 25 times
- Sit at a dining table to eat at least one time per day
- Don't look at a screen while you eat at least one meal each day
- Eat at least one meal until you are 80% full
- Eat one vegetable per day
- Eat one fruit per day
- Eat a fruit or vegetable at every meal
- Eat one fruit and one vegetable at every meal
- Make a meal plan for your dinners on Sunday and follow it each day



NUTRITION HABITS

NUTRITION (CONTINUED)

- Eat one big-ass salad per day (Credit to Jordan Syatt, [listen to him explain it on his podcast here](#))
- Three plates and two snacks each day (Credit to Jordan Syatt, [read about it on his website here](#))
- Replace one of your meals with a smoothie each day
- Drink one protein shake per day
- Replace one carbohydrate serving per day with a low carbohydrate option or non-starchy vegetable
- Replace one serving of fat per day with a low-fat option or non-starchy vegetable
- Fill half your plate with vegetables at one meal each day
- Fill a quarter of your plate with fruit at one meal per day



HYDRATION HABITS

HYDRATION

- Drink only zero-calorie drinks
- Abstain from alcohol
- Abstain from caffeine
- Pick a water bottle or tumbler and bring it with you to at least one place per day
- Fill up a water bottle before 9:00 am
- Drink two bottles of water per day (or however many you choose, any designated "bottle" will do)
- Drink your daily maintenance calories in milliliters of water every day
- Drink 16 ounces of water within one hour of waking up each day.
- Drink through a straw (preferably a reusable one) 😊
- Bring a water bottle to your workout
- Fill up a water bottle before bed and leave it near your bed so you can see it when you wake up
- Drink a glass of water before one meal each day



SLEEP HABITS

SLEEP

- No screens 30 minutes before bed
- Get in bed before 10:00 PM
- Plug your phone in overnight in a place where you can't reach it from the bed
- Get 8 hours of sleep each night
- Foam roll before bed
- Put on blue light-blocking glasses at least once during the day
- Use red light therapy for at least 1 minute
- Open your blinds or curtains in the morning
- Close your drapes or blinds at night
- Set a caffeine curfew of 2:00 PM
- Go to bed within 30 minutes of the same time as yesterday
- Use an essential oil diffuser before bed (lavender and eucalyptus are great for sleep)



GOOD VIBES HABITS

GOOD VIBES

- Open a meditation app like Insight Timer, Calm, or Headspace
- Meditate for at least 1 minute
- Practice belly breathing for at least 1 minute
- Write one thing you're grateful for in a gratitude journal
- Say a prayer
- Read a book for at least 1 minute
- Practice an instrument for at least 1 minute
- Contact someone new every day and give them a sincere compliment
- Smile at someone while you walk past them
- Write down an affirmation and say it to yourself out loud
- Recognize one "win" for the day



SELF-CARE HABITS

SELF-CARE

- Get a dedicated workout in, even if it's only a few minutes
- Wear a fitness tracker
- Create a step goal and achieve it each day
- Take the stairs instead of an elevator at least once per day
- Stretch for at least 1 minute
- Foam roll or perform soft tissue work for at least 1 minute
- Park far away from the entrance to a building
- Go for a deliberate walk
- Work from a standing desk for at least 5 minutes per day
- Get up from your desk at least once per day to stretch or walk



HOW TO USE THE CALENDAR

1. Print it out!

3. Put a checkmark for each day you complete the habit.

28 DAY CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT

PICK ONLY ONE HABIT TO WORK ON

PUT 100% EFFORT INTO ONE HABIT!

DO LESS, BUT BETTER!

TALLY 'EM UP

WEEK 1 = _____

WEEK 2 = _____

WEEK 3 = _____

WEEK 4 = _____

**_____/28 POINTS
EARNED**

2. Pick only 1 habit to work on at a time and write it down here.

4. Add them up! Shoot for 80% adherence.

28 DAY CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT

PICK ONLY ONE HABIT TO WORK ON

PUT 100% EFFORT INTO ONE HABIT!

DO LESS, BUT BETTER!

TALLY 'EM UP

WEEK 1 =

WEEK 2 = _____

WEEK 3 = _____

WEEK 4 = _____

EARNED
/28 POINTS

DONE-FOR-YOU CHALLENGES

I have made a few challenges for you that are ready to be conquered!

Each challenge has its own instructions, so look over each before diving in.

Please tag me on Instagram and show me how you conquered each challenge!



@onyxathlete



NUTRITION HABITS CHALLENGE

If your nutrition has taken a backseat because you went on vacation or the kids were home from school, this is the challenge for you.

I have picked three types of foundational habits for improving your overall nutrition so you can jumpstart your commitment to a healthier lifestyle.

Each type of habit has three difficulty levels so you can pick one slightly ahead of your current lifestyle. Pick the level that will require an effort but not so much that you are spreading yourself too thin. The challenge is about building momentum!

Feel free to tweak these habits if you want to tailor them to your lifestyle even more.



NUTRITION HABITS

PICK ONLY ONE HABIT TO WORK ON AT A TIME

	MEAL TIMING	FRUITS AND VEGGIES	MINDFULNESS
EASY	KEEP TRACK OF THE TIME OF YOUR LAST BITE OF THE DAY (DRINKS WITH CALORIES COUNT!)	EAT ONE VEGETABLE PER DAY OR EAT ONE FRUIT PER DAY	SIT AT A DINING TABLE TO EAT AT LEAST ONCE PER DAY
MEDIUM	KEEP TRACK OF THE TIME OF YOUR FIRST BITE OF THE DAY AND LAST BITE OF THE DAY (DRINKS WITH CALORIES COUNT!)	EAT ONE VEGETABLE PER DAY AND EAT ONE FRUIT PER DAY	DON'T LOOK AT A SCREEN WHILE YOU EAT AT LEAST ONE MEAL PER DAY
HARD	ESTABLISH A 12-HOUR EATING WINDOW OR LESS (EX: EATING FROM 8:00 AM TO 8:00 PM, FASTING FROM 8:00 PM TO 8:00 AM)	EAT ONE VEGETABLE PER MEAL AND EAT ONE FRUIT PER MEAL	CHEW AT LEAST ONE BITE OF FOOD 25 TIMES AT EACH MEAL

NUTRITION HABITS CHALLENGE

1. Print it out!

3. Put a checkmark for each day you complete the habit.

28 DAY CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT

PICK ONLY ONE HABIT TO WORK ON

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**_____/28 POINTS
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2. Pick only 1 habit to work on at a time and write it down here.

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28 DAY CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT

PICK ONLY ONE HABIT TO WORK ON

PUT 100% EFFORT INTO ONE HABIT!

DO LESS, BUT BETTER!

TALLY 'EM UP

WEEK 1 =

WEEK 2 = _____

WEEK 3 = _____

WEEK 4 = _____

EARNED
/28 POINTS

KICK THE CRAVINGS CHALLENGE

If your cravings sabotage your nutrition, try the kick the cravings challenge.

I have picked three types of habits to reduce the likelihood of cravings and to help you identify when you are most susceptible to them.

In my experience, most people experience cravings when they are tired, dehydrated, or experiencing strong emotions. Here are the differences between physiological hunger and cravings:

HUNGER

- Comes on slowly
- You want a variety of foods, not something in particular
- Satisfied once you're full
- You stop thinking about food after you're done eating
- Necessary and intentional
- You can be patient
- You want to eat wholesome foods like fruits and vegetables

CRAVINGS

- Comes on suddenly or abruptly
- You want a specific food or a particular type of food
- Not satisfied after you've eaten
- You want to continue grazing or searching for foods
- You feel guilty, sad, or ashamed afterward
- Often done alone
- It can be triggered by an event, thought, or emotion
- You feel impulsive and mindless

KICK THE CRAVINGS CHALLENGE

PICK ONLY ONE HABIT TO WORK ON AT A TIME

			SLEEP	HYDRATION	MINDFULNESS
EASY	CHARGE YOUR PHONE IN A PLACE WHERE YOU CAN'T REACH IT FROM YOUR BED		DRINK 8 OZ OF WATER BEFORE BREAKFAST		WRITE DOWN 1-2 WORDS EACH DAY SUMMARIZING YOUR FEELINGS ABOUT THE DAY
	SET A CAFFEINE CURFEW FOR 2:00 PM		FILL UP A WATER BOTTLE BEFORE BED SO IT'S READY IN THE MORNING		IF YOU'RE HUNGRY AFTER DINNER, EAT FRUITS OR VEGETABLES INSTEAD OF YOUR COMFORT FOOD
	BE IN BED BEFORE _____ WITHOUT YOUR PHONE OR ANOTHER ELECTRONIC DEVICE		DRINK YOUR DAILY MAINTENANCE CALORIES IN MILLILITERS OF WATER		MOVE ANY TRIGGER FOODS OUT OF THE HOUSE OR TO A PLACE THAT'S HARD TO GET TO
MEDIUM					
HARD					

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KICK THE CRAVINGS CHALLENGE

1. Print it out!

3. Put a checkmark for each day you complete the habit.

28 DAY CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT

PICK ONLY ONE HABIT TO WORK ON

PUT 100% EFFORT INTO ONE HABIT!

DO LESS, BUT BETTER!

TALLY 'EM UP

WEEK 1 = _____

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WEEK 3 = _____

WEEK 4 = _____

_____/28 POINTS
EARNED

2. Pick only 1 habit to work on at a time and write it down here.

4. Add them up! Shoot for 80% adherence.

28 DAY CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT

PICK ONLY ONE HABIT TO WORK ON

PUT 100% EFFORT INTO ONE HABIT!

DO LESS, BUT BETTER!

TALLY 'EM UP

WEEK 1 =

WEEK 2 = _____

WEEK 3 = _____

WEEK 4 = _____

EARNED
/28 POINTS

MEDITATION CHALLENGE

If you need a way to cope with anxiety or want to start a meditation habit so you can clear your mind, this is the challenge for you.

This challenge uses the Insight Timer app, so make sure you have it downloaded before you start. Here's a brief outline of the challenge:

- **Learn to meditate the first week:** Insight Timer has a terrific course if you have never meditated before. Learn the basics during the first week.
- **Establish the habit:** I picked morning meditations for the second week because, if you're like me, you get the most important things done in the morning. Also, if I try to meditate after a long day, I usually fall asleep in the middle of the meditation practice. If you don't want to meditate in the mornings, pick another time to suit your needs.
- **Explore:** the rest of the challenge is a "greatest hits" of some of my favorite meditations. There's a nice mix of different topics and styles, so you can find the type of meditation you like best!



MEDITATION CHALLENGE

1. Print it out!

2. On your computer or phone, click the day and it will bring you to the task for each day.

28 DAYS OF MEDITATION

SUN	MON	TUE	WED	THU	FRI	SAT
Download the Insight Timer app and save the playlist	Learn How to Meditate in 7 Days: Day 1 11:00	Learn How to Meditate in 7 Days: Day 2 10:41	Learn How to Meditate in 7 Days: Day 3 11:28	Learn How to Meditate in 7 Days: Day 4 11:56	Learn How to Meditate in 7 Days: Day 5 11:28	Learn How to Meditate in 7 Days: Day 6 11:44
Learn How to Meditate in 7 Days: Day 7 12:56	Morning Motivation 2:00	4-Minute Morning Meditation 4:41	Good Morning Gratitude Practice 10:52	Morning Meditation With Music 10:28	Morning Ritual 10:02	Morning Flow 17:37
Finding Calm and Serenity 11:37	Melting, Stress, Fear, and Anxiety 12:53	Learning to Surrender 8:07	Accepting Change 9:26	Our Warring Self vs Our Infinite Self 12:21	Affirmations for Self Love 13:45	Gratitude Affirmations for the Body and Life 8:17
Setting Goals and Achieving Success 22:51	Believe in Yourself 13:17	Manifest Your Unlimited Potential 20:00	Mountain Meditation 15:31	Running with the Wolves 18:45	Law of Attraction and Abundance 20:17	Law of Attraction and Giving Thanks 23:26

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3. Mark off the day with an "X" after you complete each task for the day.

4. Bring on the good vibes!

28 DAYS OF MEDITATION

SUN	MON	TUE	WED	THU	FRI	SAT
Download the Insight Timer app and save the playlist	Learn How to Meditate in 7 Days: Day 1	Learn How to Meditate in 7 Days: Day 2	Learn How to Meditate in 7 Days: Day 3	Learn How to Meditate in 7 Days: Day 4	Learn How to Meditate in 7 Days: Day 5	Learn How to Meditate in 7 Days: Day 6
11:00	10:41	11:28	11:56	11:28	11:44	
Learn How to Meditate in 7 Days: Day 7	Morning Motivation	4-Minute Morning Meditation	Good Morning Gratitude Practice	Morning Meditation With Music	Morning Ritual	Morning Flow
12:56	2:00	4:41	10:52	10:28	10:02	17:37
Finding Calm and Serenity	Melting, Stress, Fear, and Anxiety	Learning to Surrender	Accepting Change	Our Warring Self vs Our Infinite Self	Affirmations for Self Love	Gratitude Affirmations for the Body and Life
11:37	12:53	8:07	9:26	12:21	13:45	8:17
Setting Goals and Achieving Success	Believe in Yourself	Manifest Your Unlimited Potential	Mountain Meditation	Running with the Wolves	Law of Attraction and Abundance	Law of Attraction and Giving Thanks
22:51	13:17	20:00	15:31	18:45	20:17	23:26

GRATITUDE + COMPLIMENT YOURSELF

If you need to improve your self-confidence and happiness, try 28 days of gratitude plus a compliment to yourself every day.

While this is the simplest of all the challenges, it is powerful for changing your perspective and improving your mindset. Many people like to do this challenge during November to coincide with Thanksgiving, but feel free to do this challenge any time of the year.

Here are a few tips for the challenge:

- Choose a variety of things to be grateful for. Tangible things, feelings, thoughts, events, people, and memories are all fair game.
- If you're having difficulty complimenting yourself, fake it until you believe it.
- Do this challenge with your partner or close friend and read each other's lists of gratitudes and compliments at the end of the challenge.



GRATITUDE + COMPLIMENT YOURSELF

1. Print it out! Be sure to print out two copies, so you have space for all 28 days.

28 DAYS OF GRATITUDE

I AM GRATEFUL FOR...

I LIKE _____ ABOUT MYSELF.

2. In the left column, write something you are grateful for

3. In the right column, write a compliment to yourself.

28 DAYS OF GRATITUDE

I AM GRATEFUL FOR...

[illegible]

I LIKE _____ ABOUT MYSELF.

28 DAYS OF GRATITUDE

I AM GRATEFUL FOR...

[illegible]

I LIKE _____ ABOUT MYSELF.

AFTER THE CHALLENGE

REFLECT AND IMPROVE

After you have completed the 28 Day Challenge, take some time to reflect and notice any trends. Ask yourself a few questions:

- Did you do better during the week or on the weekends?
- Was there a specific day of the week when you consistently struggled?
- How can you make the difficult days easier on yourself?
- Do you need to give yourself more grace or increase your commitment?

DECIDING WHAT TO DO NEXT

After the 28 Day Challenge, feel free to redo the challenge with another habit or keep working on the same type of habit.

If you need a break from the challenges (they can get stale after a few rounds), take some time off and focus on another aspect of your nutrition or lifestyle, like meal planning, food logging, mindfulness, or simply maintaining your lifestyle.