

The background of the top half of the image shows two clear glass meal prep containers. The container in the foreground is filled with a variety of healthy foods: a halved hard-boiled egg with a bright orange yolk, a portion of bright green broccoli, fresh green basil leaves, a piece of white cheese, and several pieces of cooked, seasoned chicken. The container in the background also contains similar ingredients, including broccoli and basil. A glass of water with a lemon slice is partially visible on the right side. A green banner with white text is positioned in the top right corner.

TAKE
CONTROL
of Your
HEALTH



THE 21-DAY **HABIT**
CHALLENGE
for Trim Healthy Mamas

CORE HABITS WORKBOOK FROM COACH JEN AT
THEWELLPLANNEDKITCHEN.COM

Welcome



→ TO YOUR 21-DAY HABIT CHALLENGE



I've got some REALLY good news for you today:

You have a lot more control over shaping your future than you might think.

You just have to DECIDE TO TAKE CONTROL.

Yes, it is that simple!

Over the next 21 days, I will walk you through the exact steps you need to take that control...

So that you're able to hit your goals AND live a life full of energy, confidence, and possibility.

I'm thrilled to have you join us for this challenge and grateful to be part of your **trim and healthy** journey.

Excited to see what you accomplish over the next 21 days!

Coach Jen

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facebook.com/thewellplannedkitchen

thewellplannedkitchen.com

youtube.com/thewellplannedkitchen



GETTING STARTED

Let's start with a quick visualization exercise.

Draw a map (either in your head or on a piece of paper) with two separate circles.

The first circle represents where you are NOW, and the second represents the place you want to be in the future ... 3 months, 1 year, or 5 years from now.

Now, draw a dotted line between the two circles.

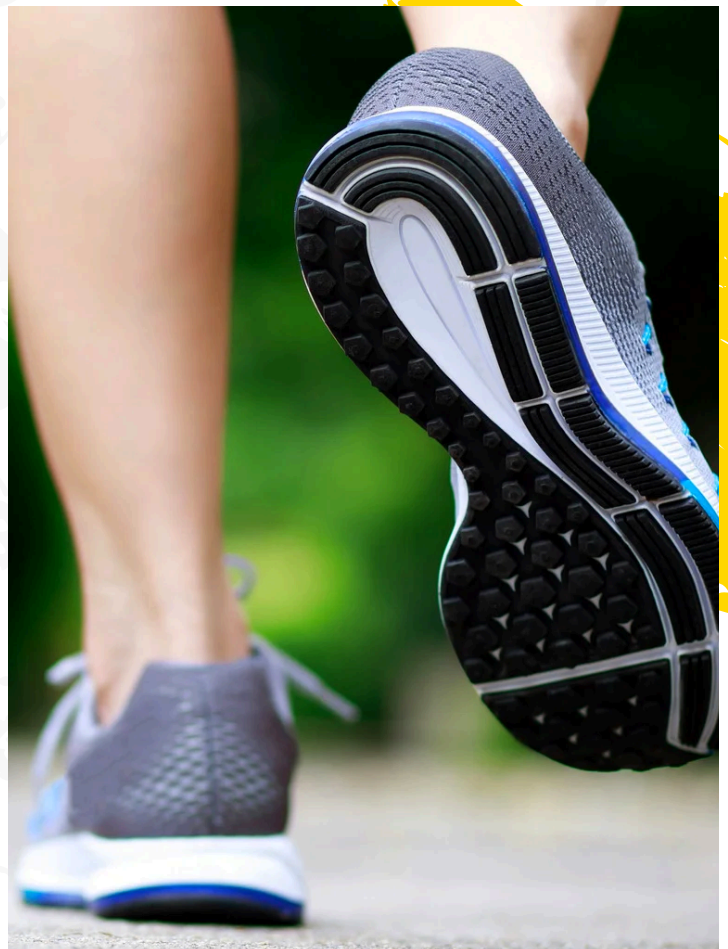
Each dot is a step on that path ... representing an ACTION that moves you closer toward your future.

Those actions are your DAILY HABITS.

Right now, your daily actions and habits are already at work propelling you toward your future.

The question to ask yourself is:

**IS IT THE
FUTURE THAT
YOU WANT FOR
YOURSELF?**





**YOUR HABITS
WILL DETERMINE
YOUR FUTURE.**

THE KEY TO SUCCESS

Have you ever wondered how successful people “got successful”?

It wasn't because of their willpower

**It was because of their daily habits.
Discipline with daily habits will take you
places motivation can't touch.**

Successful people have created habits that help them:

- ✓ **ACHIEVE,**
- ✓ **MAINTAIN, AND**
- ✓ **GROW THEIR SUCCESS**

One of the top reasons habits work is that they are on autopilot – you don't have to give them much thought or energy.

They're actions you take **automatically** every single day.

**IN FACT, RESEARCH
SHOWS THAT RIGHT NOW
AS MANY AS 45% OF THE
THINGS YOU DO EACH DAY
ARE DONE OUT OF HABIT.**



Just a Couple of My

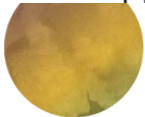
HAPPY CLIENTS



Laura S
Member

Wednesday Weekly Wins

👑👑👑👑 is what I feel like. I bought a new winter coat and usually get an XL. I decided to try on a large. Wow it fit. Even a bit large. Tried a medium. Just a little snug but maybe next time. So happy!



Sheri M
Member

Wednesday Weekly Wins

Wednesday is my weigh in day and I always dread it. Not today!!! I've been journaling, meal planning and prepping on Sunday's and it has paid off. Down 8 pounds since the start of Bootcamp!



Michelle
Member

Wednesday Weekly Victories!

I do so much better when i have to share my food journal. The feedback has been informative-i need to really watch my timing and make sure i have protein.
I'm down 10 lbs over the last four weeks.
Thank you for equipping us with learning for success.

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HABIT

hab·it /'habət/

1. a settled or regular tendency or practice, especially one that is hard to give up;
2. an acquired mode of behavior that has become nearly or completely involuntary;
3. a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance.

Merriam-Webster Dictionary



YOUR #1

TACTIC FOR CREATING HABITS THAT STICK

How do people actually install new habits in their life to help them reach their goals?

There's one trick that stands apart from the rest (I'll get to that below).

And it's simple when I break it down: **It's repeating an action or behavior until it sticks.**

Now, I'm not going to gloss over the fact that installing new habits takes TIME and ENERGY.

But by implementing a few of the strategies I'm going to go over in this challenge, you absolutely CAN create habits that will lead to the results you want.

YOUR #1 TACTIC FOR CREATING HABITS THAT STICK

That's why this **21-Day Habit Challenge** was created.

- A famous study published in the European Journal of Social Psychology found that creating a new habit can take between 18 and 254 days, depending on the person and the habit they are trying to create.
- Research also shows there is ONE factor that seems to shorten the amount of time it takes for a behavior to become automatic – and that's getting in more repetitions!



THIS CHALLENGE WILL:

- ✓ **HELP YOU STICK WITH YOUR HEALTHY HABITS FOR 21 DAYS,**
- ✓ **WHILE MOTIVATING YOU TO GET IN YOUR REPS,**
- ✓ **WHICH CAN SET YOU UP FOR SUCCESS LONG AFTER THIS CHALLENGE IS FINISHED.**



YOUR SUCCESS HABITS

Here are the five habits that I are going to focus on EVERY DAY over the next 21 days:

- #1 EXERCISE OR GET INTENTIONAL MOVEMENT FOR 15+ MIN.**
- #2 EAT ON PLAN & ON TIME!**
- #3 DRINK WATER**
- #4 SLEEP FOR AT LEAST 7-8 HOURS EVERY NIGHT**
- #5 PRACTICE 10-15 MINUTES OF STRESS MANAGEMENT/MINDSET WORK: MEDITATING, BREATHING EXERCISES, JOURNALING, ETC. (PICK ONE & STICK WITH IT!)**



HOW YOUR CHALLENGE WORKS



- #1** Read this entire guide to set yourself up for success with your 21-day challenge!
- #2** Watch your email inbox for your daily challenge tips.
- #3** Take action DAILY and complete each of your five success habits!
- #4** Every day, update your Habit Tracker to monitor your progress.
- #5** Join our [Facebook Group here](#) for additional support.

OPTIONAL BONUS STEP:



Create a reward for when you successfully complete this challenge! Hold yourself accountable (don't give yourself the reward unless you earn it!).

It could be new exercise gear, a new shirt at your favorite store, or an on-plan special desert – it's up to you!



WHAT TO DO IF YOU SLIP UP

Earlier I said that creating habits is simple.

I didn't say it was always easy. This challenge is designed to help you navigate those ups & downs.

The fact is, slip-ups happen.

The most important thing you can do is to **get back on track as soon as possible.**

**“IT IS YOUR
COMMITMENT TO
THE PROCESS THAT
WILL DETERMINE
YOUR PROGRESS.”**

JAMES CLEAR

- *Miss a workout today? Make sure you're active tomorrow.*
- *Eat something that's not part of your program? Make sure your next meal or snack is right on target. Quick tip: THM recommends Deep S meals for off-plan recovery – I have a [bonus recovery meal plan right here](#) for you if happen to need it!*

You get the picture!

The most important thing you can do is put the slip-up behind you and move on. Don't judge yourself or beat yourself up – that won't serve you. Just get right back on track.

SUCCESS
HABIT

#1

MOVE YOUR BODY

Exercising is one of the most important things you can do for your health. Not only does it have incredible benefits for you on its own, but it can also help drive all of the other habits you'll be working on over the next three weeks.

BEING PHYSICALLY ACTIVE:

- ✓ **BOOSTS YOUR MOOD & ENERGY**
- ✓ **IMPROVES YOUR BRAIN HEALTH**
- ✓ **HELPS YOU MANAGE YOUR WEIGHT**
- ✓ **CAN MAKE YOUR IMMUNE SYSTEM STRONGER**
- ✓ **CUTS YOUR RISK OF DISEASE (AMONG OTHERS: HEART DISEASE, SOME CANCERS, DIABETES, AND MORE)**
- ✓ **STRENGTHENS YOUR MUSCLES & BONES**
- ✓ **HELPS YOU LIVE LONGER**
- ✓ **MAKES IT EASIER TO DO EVERYDAY ACTIVITIES**

Plus, you can feel the benefits fast. Many people notice a boost in their energy and mood after their very first workout!

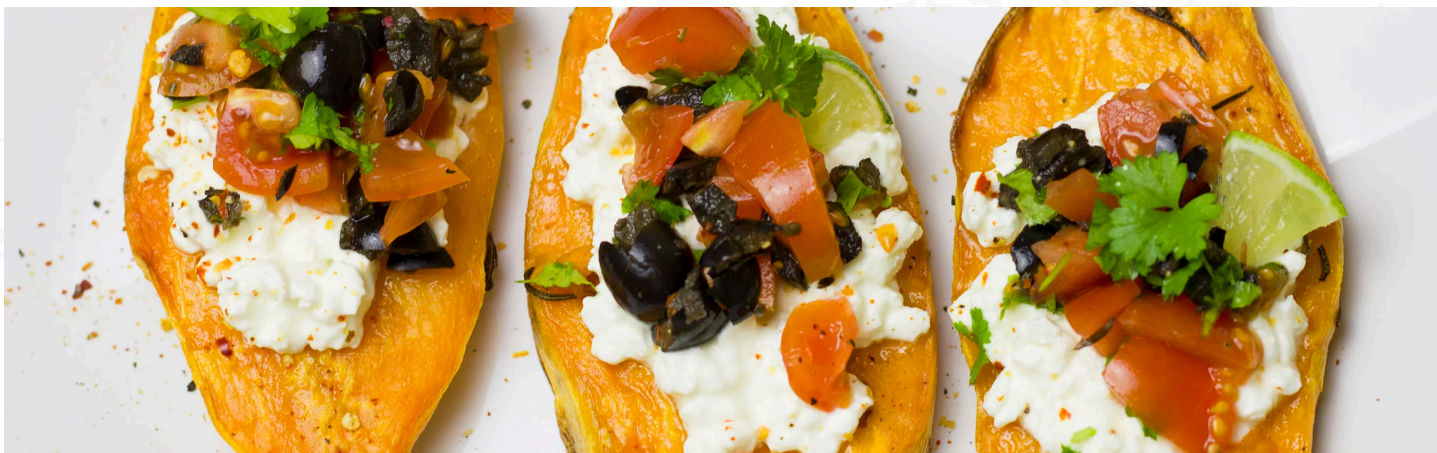


GOAL: Get 15+ minutes of daily exercise or intentional activity.



**SUCCESS
HABIT
#2**

EAT ON PLAN WITH **Trim Healthy Mama** **& SPACE YOUR MEALS**



Eating a healthy diet is also one of the most important things you can do for your health.

A HEALTHY DIET:

- ✓ **IS LINKED WITH A LONGER LIFE**
- ✓ **KEEPS YOUR SKIN, TEETH, AND EYES HEALTHY**
- ✓ **BOOST YOUR IMMUNITY**
- ✓ **HELPS YOU ACHIEVE AND MAINTAIN A HEALTHY WEIGHT**
- ✓ **SUPPORTS YOUR MUSCLES**
- ✓ **STRENGTHENS BONES**
- ✓ **LOWERS YOUR RISK OF MANY DISEASES (HEART DISEASE, TYPE 2 DIABETES, CERTAIN CANCERS, & MORE)**
- ✓ **HELPS YOUR DIGESTIVE SYSTEM FUNCTION**
- ✓ **SUPPORTS HEALTHY PREGNANCIES AND BREASTFEEDING**

EAT ON PLAN AND ON TIME

For this challenge, I've created specific guidelines to help you install new, healthy nutrition habits designed to help you reach your goals faster.

21-DAY NUTRITION GUIDELINES:

- #1 REVIEW TRIM HEALTHY MAMA'S FUEL TYPES, EVEN IF YOU'VE BEEN ON PLAN FOR AWHILE**
- #2 SPACE YOUR MEALS 3-4 HOURS APART (SET A TIMER IF NEEDED)**
- #3 MAKE SURE PROTEIN IS THE BASE OF EVERY MEAL AND SNACK**
- #4 ROUND OUT YOUR PLATE WITH NON-STARCHY VEGGIES**



SUCCESS
HABIT
#3

DRINK WATER EVERY DAY



DRINK

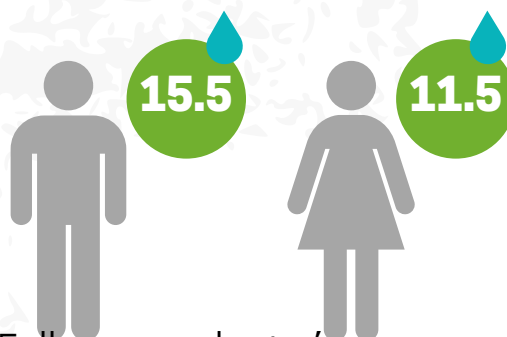
Not drinking enough water can affect your energy, mood, memory, and performance ... as ill as your appetite and anxiety level.

There is a LOT of confusing info about exactly how much water you need.

That's because it depends on your activity level, your size, where you live (hot or cold climate), if you're pregnant or breastfeeding, and your unique physiology.

The U.S. National Academies of Sciences, Engineering, and Medicine reports that an adequate daily fluid intake is:

- **About 15.5 cups (3.7 liters) of fluids a day for men***
- **About 11.5 cups (2.7 liters) of fluids a day for women***



*Please be sure not to drink too much, or too fast! Follow your doctor's recommendations or do your own research about how much water is safe to drink.

**SUCCESS
HABIT
#4**

SLEEP AT LEAST 7-8 HOURS EVERY NIGHT

The goal is to MAKE TIME FOR SLEEP.

Go to bed early enough so this is a real possibility!

If you have to get up at 6 a.m., make sure you go to bed early enough to get in your 7-8 hours.

This is important because getting LESS than 6-7 hours of sleep for just one night can affect you the next day.

Even worse, not getting enough sleep is linked with a long list of health problems over the long term.

Your body is VERY BUSY while you're asleep. You're repairing, recovering, and recharging so that you can function at your best.



SLEEP AT LEAST 7-8 HOURS EVERY NIGHT

SLEEP PLAYS A ROLE IN ALMOST EVERY PART OF YOUR LIFE AND HEALTH:



HORMONAL BALANCE

Too little sleep can affect your blood pressure and heart.



WIGHT GAIN

Hormones that affect your appetite can be thrown out of balance when you're tired.



LESS IMMUNITY

It's harder for your body to fight off infection when it's tired.



BLOOD SUGAR BALANCE

A lack of sleep can slow your metabolism while also causing fluctuating blood sugar levels.



MOOD

Not getting enough sleep can make you feel anxious, stressed, and grouchy.



INFLAMMATION

Lack of adequate sleep can cause inflammation, which is linked to many diseases including dementia, heart disease, and diabetes.



MENTAL & PHYSICAL PERFORMANCE

Too little sleep can leave you feeling fuzzy, unfocused, and make it hard to concentrate. It also can impair your coordination, balance, and ability to make decisions.



**SUCCESS
HABIT
#5**

B-R-E-A-T-H-E

For this challenge, your goal is to spend 10-15+ minutes a day actively working on stress management and relaxation.

Everyone experiences stress. It's how you deal with it that matters!

Unmanaged, stress can cause a long list of issues from insomnia, tension, aches & pains, to high blood pressure and lowered immunity.

It also can affect your appetite, your focus, and your mood.

One way you can put stress in its place is to learn how to activate your central nervous system's "rest & digest" system (the parasympathetic system).

You can do this by meditating, doing two 5-minute sessions of breathing exercises, journaling, doing yoga ...

Whatever works for YOU.

It's been my experience that stress management is a huge part of my body's ability to lose weight. This is my personal experience, and not something taught by THM, so this is just for fun!



B-R-E-A-T-H-E

Here's a simple and proven breathing technique that will help you feel calmer almost immediately.

NAVY SEAL "BOX" BREATHING

It's called "box" breathing because each part of the breath is held for an equal amount of time – a count of 4. It can help to visualize breathing around a box while you do this exercise.

HOW TO DO IT:

1. **Sit or lie down in a comfortable spot.**
2. **Inhale through your nose (if possible) for 4 seconds**
3. **Hold your breath for 4 seconds.**
4. **Exhale through your mouth for 4 seconds**
5. **Hold your breath for 4 seconds**
6. **Repeat the inhale-hold-exhale-hold pattern for a total of 4 times, working up to 5 minutes.**





HOW TO USE YOUR TRACKER

Because you made the smart decision to join us for our 21-Day Habit Challenge ...

You now have a printable habit tracker (the last pages of this workbook) to help hold you accountable and keep you ON TRACK with your goals!

Every day, simply check off each of your success habits as you complete them on your tracker by 8pm every night.

Taking action – and watching your totals add up every day – will help you build a LOT of momentum toward the future.

Your goal: check off **ALL FIVE HABITS EVERY SINGLE DAY** during this challenge!

YOU'VE GOT THIS!

Here are Your



NEXT STEPS!

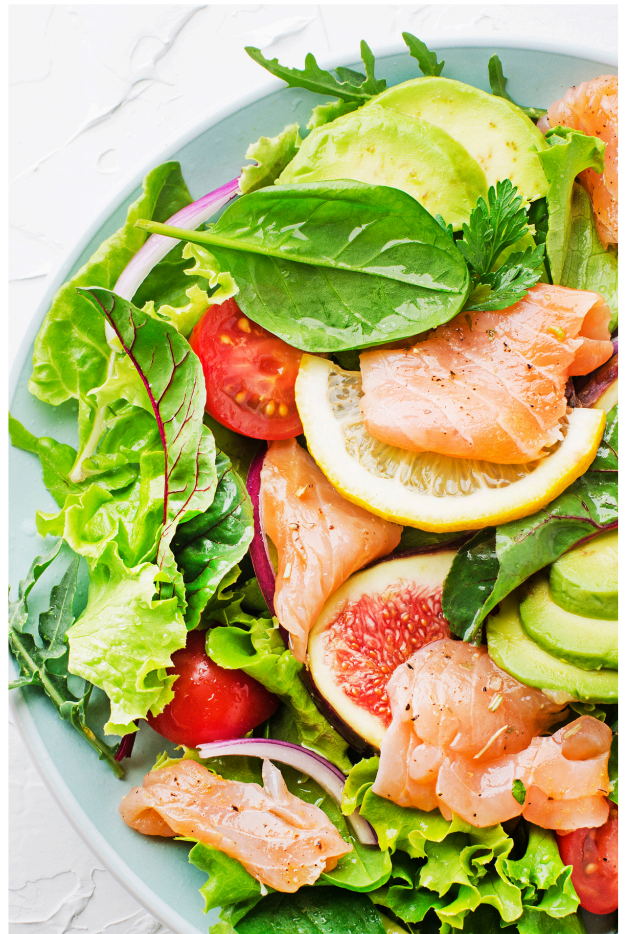
Way to go on making it to the end of these protein meal ideas!

Getting in more protein is an amazing first step to help you hit your Trim and Healthy goals...

But the next (& most important) step is figuring out a complete plan that works for you—one that not only balances your nutrition, but also your workouts, your habits, and everything in between.

Imagine if you had ALL the pieces of the puzzle—nutrition, exercise, meals, snacks, prep, and more — all fit together perfectly into your life...

You'd have a clear, actionable path to follow, making it so much easier to hit your goals and maintain them.



That's exactly what

THM Bootcamp

is designed to help you with.



Here's what you'll get when you join:

- ✓ **A personalized roadmap** that seamlessly integrates your nutrition, workouts, and daily habits—so you can stay consistent, balanced, and on track.
- ✓ **Meal plans, in-depth training, and tools** crafted specifically for YOUR lifestyle, so you'll always know exactly what to do to reach your goals.
- ✓ **Built-In Accountability** to help keep you on track and to make personalized adjustments to make sure you're always moving towards your goals, even when life gets busy.
- ✓ **LIVE coaching + support** from me to help you tweak and optimize your plan as you progress, making sure that it always works for you—not the other way around.
- ✓ **Workshops and trainings** that dive deep into building sustainable, healthy habits that will stick with you for life.

What THM Bootcamp Members are saying:



S. Mc
Member

Wednesday Weekly Wins

Wednesday is my weigh in day and I always dread it. Not today!!! I've been journaling, meal planning and prepping on Sunday's and it has paid off. Down 8 pounds since the start of Bootcamp!

Now it's your turn to get results like this!



COACH JEN

CERTIFIED THM COACH
THEWELLPLANNEDKITCHEN.COM
@THEWELLPLANNEDKITCHEN

[CLICK HERE TO LEARN MORE](#)

As a Certified THM Lifestyle Coach, my mission is to help busy women elevate their THM journey the EASY WAY. I help women get on plan and stay on plan for good!

If you're ready to accelerate and looking for a better way to make THM your lifestyle so you can lose weight, I want to invite you to experience an easier approach that's already gotten thousands of women amazing results.

[Click here](#) to claim your spot!

Let's do this together!

TRACKER

Sheet

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

15+ MIN. OF EXERCISE OR MOVEMENT							
EAT ON PLAN AND ON TIME							
8+ GLASSES OF WATER							
7-8+ HOURS OF SLEEP							
10+ MIN. OF BREATHING / STRESS MANAGEMENT							

TRACKER

Sheet

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

[illegible]

TRACKER

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