



The Habit Builder

FOUNDATIONAL HABITS

"BEGIN WITH THE BASICS"

How to Start

Healthy Habits typically fall into 5 main categories: Sleep, Hydration, Movement, Nutrition, and Mindset.

For our Habit Building Foundations purpose - we will start by ensuring that the basics are in place for each category!

I call these basics the **Healthy Habit Foundational Pillars** and believe they make the biggest impact in your overall health & fitness! Once you have the Foundational Pillars in place - you can add on!

Let's Dive In!

The Healthy Habit Foundational Pillars

Looking at the 5 main categories - these are your Foundational Pillars:

Adequate Hydration

Drink .5oz of water per lb of body weight daily (minimum).

Adequate Sleep

Consistent Bedtime, Achieving 7-9hrs per night.

Daily Movement

Move Daily by incorporating heart healthy & muscle building activities.

Balanced Nutrition

See Food as **Fuel** and give up the "diet mentality" - start fueling your body with quality nutrients.

Positive Mindset

Mindset is everything! My best foundational habit is committing to a Daily Gratitude Journal.