



feel great in 8 TOOLBOX

TOOLS TO EMPOWER SUCCESS & HELP YOU OVERCOME OBSTACLES ON YOUR WAY TO A HEALTHY LIFE!

WE'LL BE LEARNING ABOUT AND WORKING TOGETHER ON THESE TOOLS EACH WEEK DURING THE CHALLENGE. EACH TOOL WILL BE INTRODUCED VIA EMAIL, DISCUSSED LIVE IN THE [FACEBOOK GROUP](#) AND PRACTICED WITH A TUESDAY TOOLS BONUS TASK. WE WILL MASTER THESE TOGETHER!

3
WEEKS

Week One: Find your “why” and make it powerful.
Week Two: How to love your body now.
Week Three: Stop emotional eating for good.

5
WEEKS

Week One: The morning routine that could change your life.
Week Two: Healthy grocery shopping & healthy pantry staples.
Week Three: Meal planning for the entire family.
Week Four: Finding the right exercise for you & making the most of it.
Week Five: How to get more and better quality sleep.

8
WEEKS

Week One: Small changes to boost your willpower.
Week Two: Choosing the best supplements for your body.
Week Three: You are what you read.
Week Four: Calorie counting made easy & when does it end?
Week Five: Little known tricks for reducing sugar cravings.
Week Six: Healthy food combinations to keep you feeling full and satisfied.
Week Seven: One tool to strengthen all your relationships.
Week Eight: Where do we go from here? Making it a lifestyle.