



## 8 WEEK HEALTH CHALLENGE

CREATE A HEALTHIER YOU

**WEEK 8  
PUT IT ALL TOGETHER**

## Week 8: Putting it altogether

**Your Challenge:** Develop a plan to keep these new healthy habits you've developed going even after this challenge has ended!

The key is to continue and be consistent with these new healthy habits.

How?

## PREPARATION & PLANNING

Plan your week as best as you can, manage your time and allocate space for your healthy habits.

1. Note in the time you're at work (or usually likely to work)
2. Note in any regular appointments, family duties or hobbies
3. Allocate time slots for all your healthy habits such as the ones listed below.

### Your Healthy Habits:

- Exercise (30min/day)
- Meal prep healthy meals
- Stretch (5-10min/day)
- Relaxation time
- Drink 2-3L water

### For Example:

Monday:

- 5am - Wake up, drink water & stretch 10min
- 6am - Start work
- 12pm - Lunch break, go for a 30min walk

Tuesday:

- 5pm - Meal prep Wed-Fri Lunches
- 9pm - Stretch 15min before bed

Print out the following page or create your own weekly schedule!

# Weekly Schedule



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 am							

# CONGRATULATIONS!

You've made it to the end of the 8 week challenge to a healthier you!

Time to re-complete your assessment  
& Spend some time reflecting:

- What you did well
- What you could improve on
- What you want to continue after this challenge

