
THE

5 Day Healthy

HABIT CHALLENGE



The 5 Day Healthy Habit Challenge

When you are busy creating new habits to improve your life, remember that you can have a new habit for each area of your life. You don't have to be restricted to just healthy habits or just regular daily habits. There are many different types of habits that will benefit you greatly.

Where are You Falling Behind?

Before creating your first new habit, think of where in your life you are falling behind. This doesn't mean you are an outright failure, but just an area of your life where you don't focus as much attention as the other areas of your life. Most people have at least one. This might mean you work hard, but neglect your health. Or you eat very healthy, but you have trouble saving money. Maybe you don't get enough sleep because you are always distracted at night.

This can tell you what areas need improving first before moving on to other habits.

What Do You Complain About the Most?

Another way to figure out where your new habits should start is based on what you tend to complain about. Think about the last time you complained to someone or yourself about what isn't going your way, or what isn't working in your life. Do you complain that you are always late to work? What about the fact that your bills are late, or your clothes don't fit? Are you frustrated because you never have enough time to get everything done? These are good signs of where your habits should start.

Choosing Your New Habits

Remember that even if you come up with a list of new habits to form in your life, you still want to start with just one at a time. Even if you have 5 small habits all for the same end result, you want to start with just one of them before moving on to the next.

How do you know it is time to develop a new habit? When the last one you created is something you don't even have to think about anymore. That is when you know you are ready for the next habit.

They aren't always something you constantly think about. It might be your cup of coffee in the morning or the way you drive to work. What you want to do now is create new habits that will further improve your health and your life.

Healthy Habits You Can Start Today

Do you feel like your physical or emotional health is falling behind these days? Have you created some big health-related goals you are having trouble reaching? If so, it is time to form some healthy habits. Your habits should always be formed before setting goals, as this is exactly what is going to help achieve those goals.

Here are some healthy habits you can start doing today that will make a big difference in your overall health and wellness.

Wake Up Early to Exercise

If you are having trouble fitting exercise into your busy schedule, try adding it early in the morning. Yes, waking up earlier is going to be an adjustment, but you will appreciate it for the rest of the day. When you get your workout done and out of the way early in the morning, it will boost your energy and make you feel happier and more confident.

Get More Fresh Air

This is a simple habit, right? Try to make it a point to get more fresh air each day. This might mean walking your dog instead of just letting her out in the backyard, or enjoying your lunch outside each day while you are at work. Play with your kids outside and go for a hike on the weekends. Do whatever it takes to get in more fresh air and sunshine.

Eat Your Meals Mindfully

Are you having trouble sticking to a healthier diet? If so, don't start with changing WHAT you eat, but HOW you eat. Start just by eating more mindfully. Don't use your phone and don't watch TV while you eat. Sit at a table or desk where there aren't other distractions, and just focus on the food you are eating.

Get Enough Sleep

This is a habit many people neglect, assuming it's not that important. But sleep is much more than just not feeling tired the next day. Sleep is absolutely essential for your health and wellbeing. It is needed to reduce stress, feel energized, have proper focus and concentration,

manage your physical health, keep your cardiovascular health in check, and so much more. If you can only start one habit, it should be a better sleep routine that allows you to get better quality sleep.

Here is your Daily Habit Challenge

Challenge Day 1

Commit to exercising at least 15 minutes today. All you need is a comfortable pair of shoes to take a quick walk outside.

Write down some exercises you enjoy:

- 1.
- 2.
- 3.
- 4.
- 5.

Challenge Day 2

Step out of the office for 15 minutes and get some Vitamin D. Breathe in the fresh air. If you are a stay at home mom, take 15 minutes for yourself when the kids are napping or commit to going for a family walk.

Write down the days/times you will COMMIT to getting outside:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Challenge Day 3

Eat with Intention. Eat foods that give you energy. Eat while sitting down. Chew your food 10-20 times. Enjoy every bite.

Write down the foods that fuel you daily and make you feel good:

- 1.
- 2.
- 3.
- 4.
- 5.

Challenge Day 4

Turn off the electronics. Create a sacred bedtime ritual. I love lavender in my diffuser and writing a gratitude list in my journal! :)

Write down your nighttime ritual.



Challenge Day 5

Now that you've tried a few different habits, choose ONE you want to stick with to start! Create a daily habit calendar. Remember, it takes time to change a habit.

Step 1 is to create your daily schedule.

Step 2 is to put the calendar somewhere you will see it every day

Step 3 is to stick to it and track your goals.

How a Journal Can Help with Your Habits

Forming new habits is a wonderful way to improve your life, reach your goals, and have the motivation and momentum to accomplish anything you want. Tracking is a big part of creating new habits, as well as understanding exactly what is expected of you. This is where using a journal can come in handy.

Use Your Journal When Creating New Habits

A journal can help you during the beginning stages when you're deciding on the habits you want to form in your life. You can start by writing about where in your life you want to improve, or some goals you have. Maybe you come up with a few different daily habits you feel would get you closer to your goals, starting just one at a time.

Journaling before you set your habits can also help you to work out the details. You know which ones to start with, what the daily habit and schedule should be, and how it can fit into your current lifestyle.

Combine Habits with Your Goals

You'll likely also have some habits that are related to your personal goals. These habits help you complete tasks required to reach your goals, all of which can be tracked right there in your journal. It makes it a lot easier to see how things are progressing and see that you're working toward your goal. This can create a feeling of accomplishment, clarity, and awareness about how hard you're working toward something important to you.

Track the Progress of the Habit

Naturally, your journal will also be used to track your new habits. Remember to include the start date, what the habit is, why you are doing it, and track each day, including if you kept up with that new habit, and how it is going.

Look for Ways to Improve the Results

If you feel like your habit isn't quite giving you the results you wanted, don't quit just yet. Use your journal to work out what has been going on and where you think it might be going wrong. Sometimes, it's because you weren't consistent with the new habit. Other times, there may be just one small detail about the habit that needs to be tweaked to make it work for you.

However, if you have been practicing the same habit for a couple of months and you still don't see any benefits from it, or it still feels like pulling teeth every time you do it, then maybe it isn't the right habit for where you are in your life right now.

Ready to take charge of your life?

You don't have to wait until New Year's to make changes!

Work with Me

I'm Rachel Hupp and I'm a stress and mindfulness coach who helps driven women who are tired of feeling exhausted and overwhelmed balance their body and mind so they can wake up every morning with more energy and vitality and reduce stress. I help them get clear on their goals, set healthy boundaries and prioritize self-care, and teach them mindset and habit shifts to help unleash their full potential.

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Don't just take my word for it. Here's what some of my clients have said:

"Rachel met me where I was, helped me define my goals, and broke everything down so simply. She gave me resources that made meal planning, shopping, and prepping a no-brainer. She checked in with me every week as I needed and helped me in areas that I was slipping in. I am completely shocked at the difference this has made in my life. I never thought I would be doing this well in eating, prepping & cooking for my family, let alone so quickly."

"I so enjoyed working with Rachel in our Health Coaching sessions. I learned to ditch the diet mentality and how to begin a new relationship with food. The concepts are simple but life changing. Rachel has great information, advice and recipes 😊 to share!"

"I feel so much better! I realized it's easier to do than I thought and I'm gonna try hard to stick to it! I now even have a couple new recipes that have become my favorites."

"Thank you for creating this helpful Reset program! I have enjoyed and benefited from the daily work and notice differences in my mood and outlook on life."

"Rachel's support was wonderful!!! First, she already gives you all the tools you need. And she sends a daily email with a tip, inspiration, or support. And if you have questions along the way, she's always there with a helpful response."

Ready to take charge of your health? Email me today!

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