

Name: _____

Hi5 Health System

Date: _____

FOOD & FUEL

- * Cut meal size in 1/2
- * Choose low glycemic foods
- * No calorie counting
- * Balance pH & alcalotic foods
- * Photo each meal

WARNING! Junk food, fast food, white bread, white pasta, artificial sweeteners, soft drinks and high fructose corn syrup **ARE TOXIC!**

~ Daily Routing ~

Vit/Min _____

EFA _____

Probiotics _____

Enzyme _____

Fiber _____

Fruit _____

H₂O _____

High Nutrient drink _____

FITNESS!

Exercise is a gift! Proven to decrease all forms of disease, slow down the aging process, eliminate depression, balance hormones and improve all aspects of life!

WHAT DO YOU LIKE TO DO?

Plan ahead, keep it simple & be consistent. 10-25 min/day.

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

Week 5: _____

Family YOUR WHY!!



Everyone is starving for attention. Give it freely. Tell them daily!

What will you do?

Wk1 _____

Wk2 _____

Wk3 _____

Wk4 _____

Wk5 _____

List who or adhere photo.

Hang out with happy people!

FUN!

Be Optimistic!

Doodle Box

Draw something fun!

What will you do for fun this week?

Wk1 _____

Wk2 _____

Wk3 _____

Wk4 _____

Wk5 _____

MEALS:

5 meals per day



Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Energy Foods that fuel _____

Faith

Your life has purpose! Find the peace to weather any storm. Ask for your needs in prayer

What will you do this week to grow your faith?

Wk1 _____

Wk2 _____

Wk3 _____

Wk4 _____

Wk5 _____