

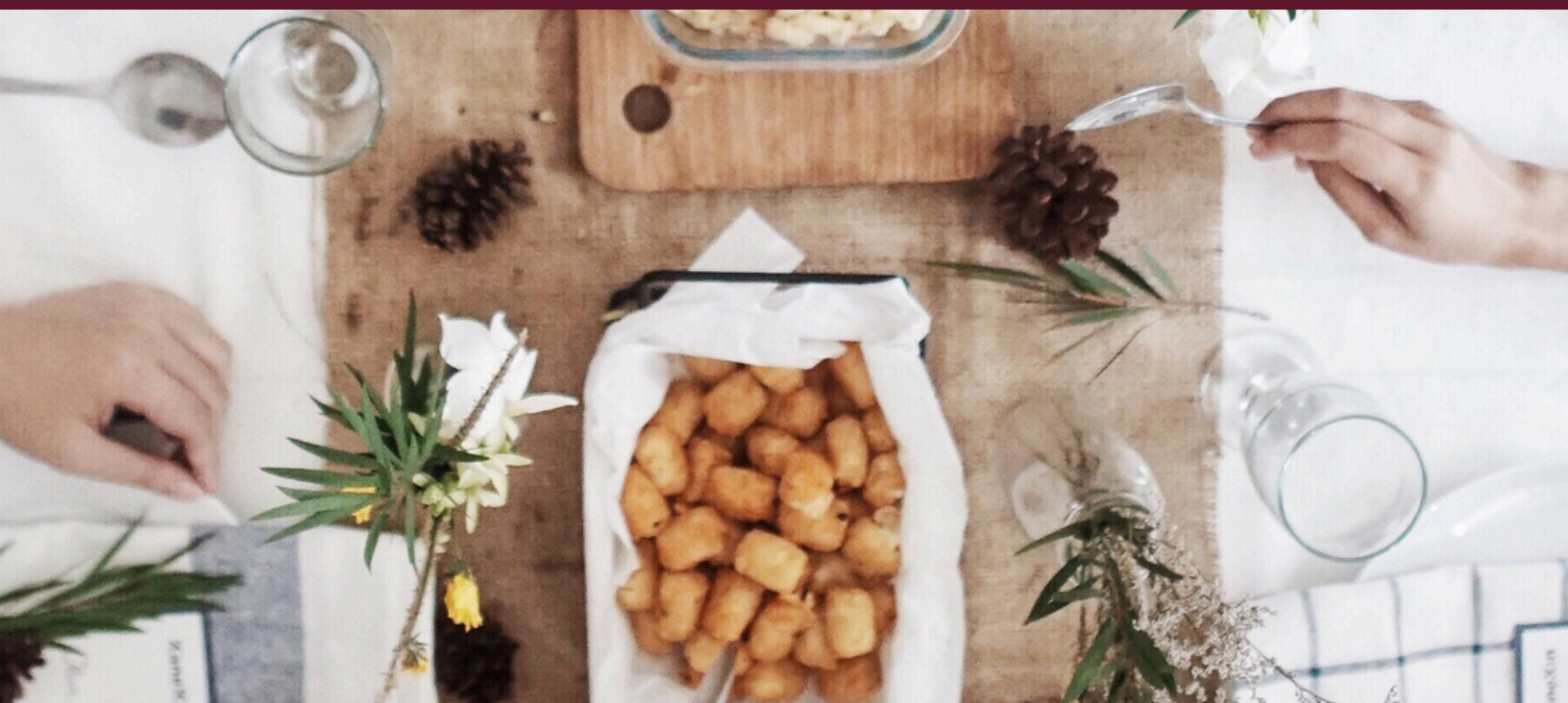


STRONGER  NUTRITION

HOLIDAY

GUIDE

framework for enjoying the holidays
tips to maintain progress
worksheets to make it actionable





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BETTER NAVIGATE THE HOLIDAYS

THE HOLIDAYS SHOULD BE A TIME OF EXCITEMENT.

You get to connect with friends, spend time with family, and you're invited to all of the parties. Sweets? Wine? Cheese? Limitless. Sounds great, right?

Next thing you know, it's mid-December. The parties you were looking forward to start to feel like a chore. There have been too many drinks, too much food, too much social time. You feel guilty about over-indulging. You're trying to please everyone. Another drink? Another cookie? Sure, Why not? You've already 'ruined' all of your 'progress. January 1st is just in a couple of weeks, anyways. You know that's your day to 'get back on the wagon', cut calories, hit the gym, and finally work towards your goals.

What started out as a season of excitement, becomes one that for some can bring on feelings of guilt. You feel like the holidays are happening to you.

This is the holiday cycle. It can be frustrating. Instead, let's work together with this guide to make your holiday season great.

Together we'll build a social calendar to help navigate the holidays to empower your decisions & enjoy your holiday.

ENJOY THE HOLIDAYS IN THREE STEPS

1

SET YOUR INTENTION

Your priorities and values will determine your choices over the holidays. By taking a moment to write down your intention and pre-determining success, you can come up with a plan of action for your holiday season.

2

FILL OUT YOUR SOCIAL CALENDAR

What do your holidays look like? Write a list of all holiday parties, birthdays, work events, gatherings, etc. When you know what's coming, you can plan for your season.

3

SET GUIDELINES FOR EACH EVENT

The final step is to determine which events are the most important to you. From there, you will come up with a plan of what you will do before, during, and after each holiday event so you can feel confident and empowered in your choices.

THE HOLIDAYS ARE MAGICAL MEMORY MAKERS

LETTUCE SET SOME INTENTIONS

What does the holiday season mean to you? Is it a time to connect with family? Is it a time to enjoy meals with friends? Do the holidays play a big or small role in your life?

Your priorities and values in regards to the holiday season will determine your choices over the next few months. When you know what you're trying to achieve, you can come up with a plan to execute for your holiday season. The first step to building your social calendar is to define what success looks like for your holiday season.

Success may be losing weight throughout the holiday season. It may be NOT gaining weight during the holiday season. It might be enjoying time with your family and friends.

By taking a moment to determine what success looks like for you, you can reverse engineer the process and feel empowered in your decision making so you can have a fulfilling holiday season.

YOUR GOAL

☐ FAT LOSS ☐ MAINTENANCE ☐ WEIGHT GAIN ☐ _____

DEFINE 'SUCCESS' FOR YOUR HOLIDAY SEASON



2

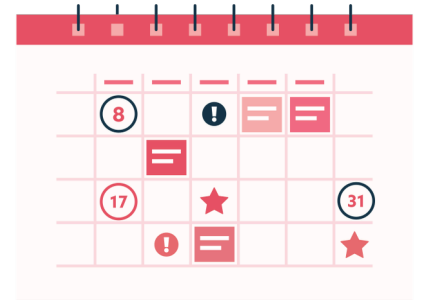
BUILD YOUR SOCIAL CALENDAR

On the next pages you will find calendars for the holiday months.

Take the time to write down all the events, work parties, dinners, family outings, birthdays, vacations etc. that are scheduled to come up throughout the next few months.

Ask yourself: will there be alcohol involved? Will you be served food? Can you bring a dish? Are you in charge of the meal? What's on the menu?

The more detailed you can be with this, the better.



3

SET GUIDELINES FOR EACH EVENT

Determine what success will look like for each event. Look at your overarching goal. How can you reverse-engineer your holidays to be successful?

There are three options you can take for each situation.

- ☒ TRACK EVERYTHING
- ☒ LOOSELY TRACK NO
- ☒ TRACKING

When it comes to no tracking, set a limit of one or two events. Choose the events that bring you the most joy and connection. Generally, these are the events that you celebrate every year and cherish.

When you know what success looks like for each event, it's much easier to follow through. Tracking will help you stay on track with your fat loss goals. However, having the choice to track certain events and not track others can make it easier to follow through.



NOVEMBER

1. Write down all of your events for November.
2. Rank them in order of importance. Which events will bring you the most joy and connection?
3. In the box besides each event put a T, an E, or an N. (T for tracking, E for estimate, N for no tracking)
4. Limit yourself to one to two no tracking days per month.
5. As you go through the month, put a checkmark beside each event where you followed through.

NOVEMBER EVENTS

☐		☐	
☐		☐	
☐		☐	
☐		☐	

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29/30

NOVEMBER

YOUR MONTH IN REVIEW

Take a moment to look back on November. Take the time to celebrate what you did well, determine what you can do better moving forwards, and move into the next month with confidence.

WHAT IS ONE THING YOU LEARNED THIS MONTH?

WHAT ARE YOU PROUD OF DOING?

WHAT EVENTS DIDN'T GO TO PLAN? WHAT COULD YOU DO DIFFERENTLY NEXT MONTH?

WHAT IS YOUR INTENTION MOVING INTO DECEMBER? WHAT WOULD SUCCESS LOOK LIKE FOR YOU?

DECEMBER

1. Write down all of your events for December.
2. Rank them in order of importance. Which events will bring you the most joy and connection?
3. In the box besides each event put a T, an E, or an N. (T for tracking, E for estimate, N for no tracking)
4. Limit yourself to one to two no tracking days per month.
5. As you go through the month, put a checkmark beside each event where you followed through.

DECEMBER EVENTS

☐		☐	
☐		☐	
☐		☐	
☐		☐	

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

DECEMBER

YOUR MONTH IN REVIEW

Take a moment to look back on December. Take the time to celebrate what you did well, determine what you can do better moving forwards, and move into the new year with confidence.

WHAT IS ONE THING YOU LEARNED THIS MONTH?

WHAT ARE YOU PROUD OF DOING?

WHAT EVENTS DIDN'T GO TO PLAN? WHAT COULD YOU DO DIFFERENTLY NEXT MONTH?

**WHAT IS YOUR INTENTION MOVING INTO DECEMBER?
WHAT WOULD SUCCESS LOOK LIKE FOR YOU?**

TEN TIPS FOR SUCCESS

1

EAT ALL THE VEGETABLES

Load your plate up with veggies! If there are salads, greens, or another vegetable dish, aim to have ½ your plate be vegetables.

2

USE YOUR HANDS TO TRACK PORTIONS

You might not want to bust out your food scale at the holiday party. However, this doesn't mean you can't track at all! Use a hand guide to determine your portion sizes. Keep in mind that there is a lot of added butter, sugar, and oil in holiday dishes.

3

SET BOUNDARIES AROUND BOOZE

Set yourself a drink limit. It's easy to go overboard with drinking during the holidays. Excessive alcohol can often lead to MORE cravings and LESS good decision making. Set yourself a drink limit before the party.

4

DON'T SHOW UP TO THE PARTY WITH AN EMPTY STOMACH

It can be tempting to skip breakfast and lunch to "eat everything guilt free." However, eating lean protein and vegetables earlier in the day will prevent you from eating the entire house. Enjoy a high protein breakfast and lunch. Eat lots of vegetables early in the day. A pre-meal snack can also go a long way!

5

HAVE NON-NEGOTIABLES

If you choose to be more relaxed with your eating over the holidays, add in non-negotiables. A non-negotiable could be being 100% on point with your training. You could hit your water goals everyday or keep yourself accountable to a set number of steps. Choose what you will prioritize over the holidays and stick to it.

TEN TIPS FOR SUCCESS

6

PUT YOUR FOOD ON A PLATE

Mindlessly grabbing hunks of cheese from the cheese tray can add up real fast! Put your food on a plate before you eat it. This will give you a moment to be mindful of your serving sizes and determine what you want to eat.

7

DON'T FORGET SLEEP

We all know that sleep helps us make good decisions. With the craziness of the holiday season, sleep can fall on the backburner. Take the time to rest. You'll feel better for it.

8

REMEMBER: THE FOOD WILL BE THERE

The food will be there tomorrow. There will be more turkey, cakes, charcuterie, and mashed potatoes. There's no need to treat every meal like your last. In contrast, if there's a special holiday item that is a family tradition you get only once a year, that's something you should savor and enjoy.

9

MAKE IT FUN

You know what's fun? Enjoying a meal, time with family, delicious food, and feeling great the next day. Less fun? Eating too much, feeling uncomfortable, and having to poop a brick out the next day. Be smart, make it fun!

10

BE KIND TO YOURSELF

Your holiday season will have ups and downs. If you make a mistake, if you don't follow through, if you have too many drinks-it's OK. Instead of shaming yourself for it, reflect on the experience. Use it as an opportunity to learn. What did you do well? What could you have done better? Use these moments to guide your future decisions.



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