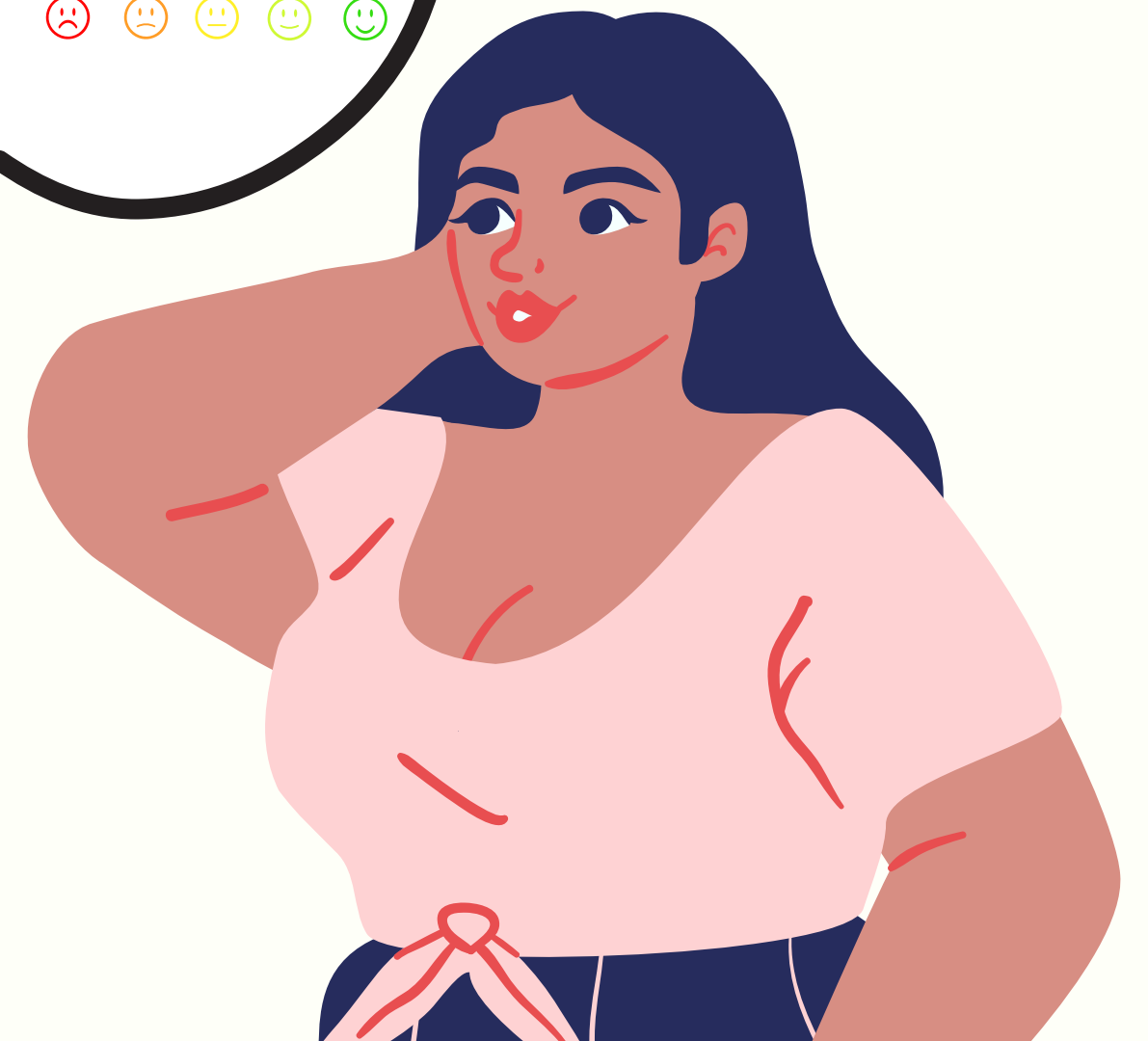


CREATING YOUR HEALTHFUL LIFE

MaKai Nutrition LLC

HEALTH

WHAT IS HEALTH?



WHAT 1-2
BEHAVIORS DO
YOU WANT TO
COMMIT TO
ADDING THIS
WEEK?

Physical
Mental
Emotional
Social

WHAT 1-2 BEHAVIORS DO YOU WANT TO COMMIT TO **ADDING THIS** WEEK?

EXAMPLE

MaKai Nutrition LLC

Physical:

I will carry a bottle of water with me and
drink it as needed.

I will move my body at least 2 days this
week (10 minutes min).

Mental: I will read 10 min/day

Social: I will go on a date with my BF
(takeout or going to the park) this
weekend. Disconnected from my
phone.

Spiritual: I will write my morning
affirmation every morning (M-F)

REMINDER

If your pursuit of health risks binge eating, restricting joyful choices, or increasing your stress, it is not a healthy choice.

We want health behaviors to add value, not take away.



Questions? Thoughts?