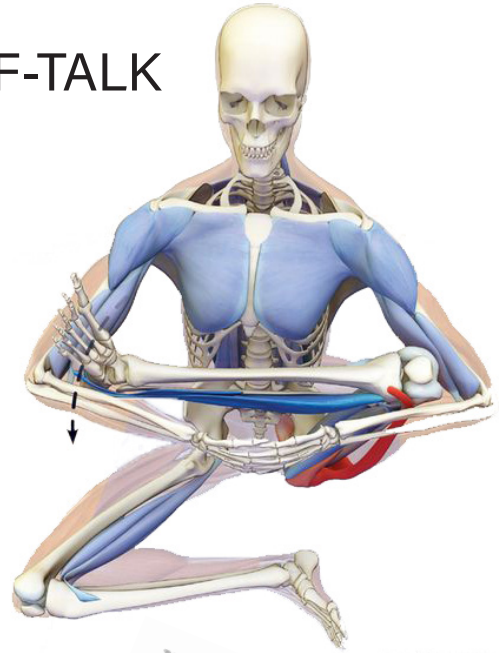


# WEEK 09

- 01 ANKLE-TO-KNEE
- 02 1-DAY FOOD LOG RECHECK
- 03 REPLACE NEGATIVE SELF-TALK

## MOVEMENT

Ankle-to-knee is a deep stretch and external hip rotation to release the piriformis, glute, hip, and groin muscles while improving hip mobility. With both legs bent at 90°, stack one leg over the other and aim to align ankles with opposite knees. Start with one minute on each side daily. Once the muscles lengthen, the knees and ankles will touch.



## NUTRITION

This week, use the 1-day food log to track an entire day's worth of food and beverage intake. What do you notice in comparison to the first food log you completed? Have you advanced toward the nutrition goal you set at the beginning of this program? Where have you improved? Where could you use more focus?

TIME	MEAL	INFO	TYPE	NOTES
BREAKFAST	LUNCH		HOMEMADE	
DINNER	SNACK		PACKAGED	
BREAKFAST	LUNCH		RESTAURANT	
DINNER	SNACK		HOMEMADE	
BREAKFAST	LUNCH		PACKAGED	
DINNER	SNACK		RESTAURANT	
BREAKFAST	LUNCH		HOMEMADE	
DINNER	SNACK		PACKAGED	
BREAKFAST	LUNCH		RESTAURANT	
DINNER	SNACK		HOMEMADE	
			PACKAGED	
			RESTAURANT	

DO YOU NOTICE PATTERNS? WHERE CAN YOU IMPROVE?  
MY FOOD COMMITMENT IS: \_\_\_\_\_

Submit this form and forward to a counselor to help you stay accountable.

Submit

## MINDFULNESS

Replace negative self-talk with positive to improve mood and decrease stress and anxiety. Make this change when self-criticism occurs and be legitimate with your new positive self-talk. Reassess your mood after a week of practice.

