

WEEK 09

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

MOVEMENT

Ankle-to-knee is a deep hip opener. External rotation of the hips can release a tight piriformis and improve hip mobility. Muscles of the glutes, hips, and groin lengthen, and abdominal organs are stimulated. Lengthen the bottom leg if a modification is needed.

*Can be done
Recommendation
1x a day 30sec hold (left/right)
3sets = 3mins a day!*



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		HOMEMADE	
	LUNCH		PACKAGED	
	DINNER		RESTAURANT	
	SNACK			
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	LUNCH		PACKAGED	
	DINNER		RESTAURANT	
	SNACK			
	BREAKFAST		HOMEMADE	
	LUNCH		PACKAGED	
	DINNER		RESTAURANT	
	SNACK			
DO YOU NOTICE PATTERNS? WHERE CAN YOU IMPROVE?				
MY FOOD COMMITMENT IS...				

MINDFULNESS

Replace negative self-talk with positive self-talk to improve mood and decrease negative emotions like stress and anxiety. Make this change immediately when self-criticism occurs. Be legitimate with your replacement words and refrain from backhanded compliments. Reassess your mood after a week of consistent practice.

