My Holiday Season Plan!

1. My everyday habit(s) that I will keep up throughout the holidays is (are)…

For example…I will continue to maintain my bedtime routine, log meals and snacks, and walk for at least 30 minutes on weekdays

2. My party plate guideline(s) for myself is (are)…

For example, I will…serve green salad first, fill my plate with vegetables and lean protein, identify and stick to treats I truly want, and drink water

3. My post-party reset action(s) is (are)…

For example, I will… continue to walk after lunch or dinner, maintain a regular sleep schedule, and pack up or give away leftovers