



# Daily Planning Guide

**Success starts with a solid plan**

*Start transforming your life today with our comprehensive guide—equipping you with the planning tools to achieve your daily priorities and reach your goals.*

 **alterra health**

# Intro to Your Daily Planner

Using a daily planner is a powerful tool for achieving lasting habit and lifestyle changes during your weight loss journey. Success starts with planning and prioritizing your goals each day, helping you stay focused on nutrition, exercise, and overall wellness. By tracking your progress, you build consistency, creating the foundation for lasting habits. A planner also keeps you accountable and mindful, ensuring that you remain aware of your expectations and can adjust as needed. Plus, it makes communicating your goals and progress with others, such as coaches or support groups, easier. Embrace your daily planner as a key to transforming your short-term goals into lifelong success.

## Steps to Filling Out Your Daily Planner

### Plan Your Meals

- For each meal and snack, list your protein, carbohydrates, and healthy fats to ensure a well-balanced meal. See lists in the Member Library for examples.

### Track Hydration

- Set a water goal for the day. Aim for at least 64 oz of clear, sugar free fluids or water.

### Schedule Exercise

- Plan at least 30 minutes of physical activity. Include the type (e.g., cardio, strength training, yoga) and time of day.

### Include Mindful Practices

- Schedule time for mindfulness or relaxation, such as meditation, deep breathing, or stretching. Aim for 5-10 minutes to help reduce stress and stay focused.

### Reflection

- At the end of the day, take 5 minutes to reflect. Write down what went well, what could improve, and how you felt throughout the day. Celebrate small wins and note adjustments for tomorrow.

**By following these steps, you'll have a clear, organized plan for a productive, balanced day and begin to develop healthier patterns while prioritizing your goals.**

# DAILY PLANNER

DATE :

Use this planner to plan your daily meals, hydration, exercise, mindset activities, and more. Ensure each meal is balanced, including at least one protein and one carbohydrate. Add healthy fats when possible to meals and snacks to create optimal balance in each meal.

<b>Breakfast</b>	Time:
Protein:	
Carb:	
Healthy fat:	

<b>Hydration</b>
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<b>Snack</b>	Time:
Protein:	
Carb:	
Healthy fat:	

<b>Exercise</b>
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<b>Lunch</b>	Time:
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Carb:	
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<b>Snack</b>	Time:
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Healthy fat:	

<b>Mindfulness</b>
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<b>Dinner</b>	Time:
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<b>Reflection</b>
Did you complete your goals? What did you learn from today?

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