



# 7-Day Healthy Lifestyle Challenge

WORKBOOK

COACH STEPHANIE REDMOND



By **STEPHANIE**  
*Redmond*




Hi, I'm  
**Steph**

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**LET'S CONNECT**

Hi there!

I'm so excited you've taken this step toward a healthier, happier you. As your coach, I want you to know that this journey is all about progress, not perfection.

Over the next seven days, you'll discover simple yet powerful habits that will energize your body, nurture your mind, and create a strong foundation for a balanced and vibrant life.

This workbook is more than just a challenge; it's a commitment to yourself. By showing up each day, you're investing in your health, fitness, and well-being. Remember, every small change you make has the power to create a ripple effect of positivity in your life.

You've got this! I'm cheering you on every step of the way, and I can't wait to see the amazing transformations you'll experience. Let's dive in and make this week the start of something incredible!

With encouragement and care,

**STEPHANIE**  
*Redmond*

Health, Fitness & Self-Care Coach

# Introduction:

Welcome to the 7-Day Healthy Lifestyle Challenge Workbook! This workbook is designed to guide you on a transformative journey towards a healthier and more mindful approach to your daily habits. Over the next week, you will explore various aspects of a healthy lifestyle, including portion control, increasing vegetable intake, meal planning, smart snacking, hydration, mindful eating, and active living.

Each day, you will delve into a specific topic and engage in practical tasks that will help you develop new habits and insights. The workbook provides valuable information, practical tips, and resources to support you throughout the challenge.

By dedicating just a few minutes each day to this workbook, you will lay the foundation for positive changes in your health and well-being. Whether you are looking to manage your weight, improve your nutrition, or simply adopt a more balanced lifestyle, this challenge is designed to empower you.

Remember, this workbook is not about perfection or strict rules. It's about progress, self-awareness, and finding what works best for you. Embrace this opportunity to cultivate healthy habits, discover new flavors, and nourish your body and mind.

Now, let's begin this 7-day journey together, starting with Day 1: Portion Control. Grab a pen, an open mind, and let's start transforming your lifestyle one day at a time.

Are you ready? Let's get started!



# 7 DAY

## Healthy Lifestyle Challenge

**DAY 01**

- UNDERSTANDING PORTION CONTROL

**DAY 02**

- INCREASING VEGETABLE INTAKE

**DAY 03**

- MEAL PLANNING

**DAY 04**

- SMART SNACKING

**DAY 05**

- HYDRATION

**DAY 06**

- MINDFUL EATING

**DAY 07**

- ACTIVE LIVING

# Day 1: Portion Control

## What is Portion Control?

Portion control is about understanding and being mindful of the amount of food you eat at each meal or snack. It's not just about reducing the quantity of food; it's about achieving a balanced diet with appropriate serving sizes from each food group. By practicing portion control, you can enjoy a wide variety of foods without overeating and manage your weight more effectively.

## Why is Portion Control Important?

In a world of super-sized meals and ever-increasing plate sizes, it's easy to eat more than our bodies actually need. Consuming too much of even healthy food can lead to weight gain and other health issues. Portion control is key to maintaining a healthy weight, managing blood sugar levels, and promoting overall health.

## Understanding Portion Sizes

A "portion" is the amount of food you choose to eat, while a "serving" is a specific amount of food defined by common measurements, like cups or ounces. For example, the serving size on a food label for cereal maybe 1 cup, but you may serve yourself more or less than this.

Here's a quick visual guide to help you understand typical serving sizes (for women):

- 1 serving of meat or poultry: The size and thickness of your palm
- 1 serving of fish: The size and thickness of your palm
- 1 serving of cheese: The size of two dice
- 1 serving of vegetables or fruit: About the size of your fist
- 1 serving of grains (like pasta or rice): A cupped hand-size
- 1 serving of fat (like butter or oil): The size of your thumb

## Resources

Included with this workbook is a printable portion-size guide.



# Portion Control Made Easy

## USING YOUR HAND TO MEASURE MACROS...

Knowing proper portion sizes is essential for developing well-balanced meals that suit your unique dietary requirements. An easy and efficient way to measure macros is by using your hand as a guide.

Let's delve into portioning proteins, carbs, healthy fats, and vegetables using your hand.

### Per Serving

 <h4>Protein Serving</h4> <p>Use the size and thickness of your palm to estimate a protein serving. Women should aim for one palm-sized serving, while men should go for two.</p>	 <h4>Complex Carb</h4> <p>A cupped hand is an ideal measurement for carbs and grains. Women should have one cupped hand-sized serving, and men should have two.</p>
 <h4>Healthy fat Serving</h4> <p>Measure healthy fats using your thumb. One thumb-sized serving is ideal for women, while men should aim for two.</p>	 <h4>Vegetable Serving</h4> <p>Your fist serves as a guide for vegetable portion sizes. Aim for one to two fists per serving, depending on your individual needs.</p>

### Adjusting Portions to Your Needs

Please keep in mind that the **hand-based measurements provided are only a starting point** and may need to be adjusted based on your individual activity level, body type, appetite, and frequency of meals.

If you regularly participate in high-intensity workouts or have a larger build, it may be necessary to increase your portion sizes. Conversely, if you have a more petite build or are less active, it may be required to decrease your portion sizes. It is important to pay attention to your body's cues and adjust your portions accordingly.



## Today's Task

For each meal and snack you eat today, use the portion control guide to measure your food. Pay particular attention to high-calorie foods, like meats, cheeses, and fats. It's okay if you're not perfect – the goal today is just to start becoming more aware of your portion sizes.





# Day 2: Increasing Vegetable Intake

## Why Increase Vegetable Intake?

Vegetables are powerhouses of nutrients. They provide us with essential vitamins, minerals, fibre, and antioxidants while being low in calories. Regularly eating a variety of vegetables can help protect against chronic diseases like heart disease and cancer. The dietary guidelines recommend filling half your plate with vegetables at each meal.

## How to Incorporate More Vegetables

You can get creative with adding more vegetables into your diet. Here are a few ideas:

- Add vegetables to your breakfast: Try adding spinach to your eggs, or cucumbers and tomatoes as a side dish to your morning toast.
- Snack on vegetables: Baby carrots, cherry tomatoes, or bell pepper strips paired with hummus make a nutritious snack.
- Add extra veggies to your main meals: Stir fry is a great way to combine a variety of vegetables, or you can add extra veggies to your pasta sauce or pizza.

### **Choosing Your Vegetables**

Aim for a variety of types and colours of vegetables, as different vegetables provide different types and amounts of key nutrients. Choose fresh, frozen, canned, or dried. They all count! Just be mindful of added sauces, sugars, or salt in canned, dried or frozen options.

## Resources

We've included a list of versatile vegetables and a few simple recipes to get you started.





## Today's Task

Your challenge today is to incorporate at least three different types of vegetables into your meals. Try to make one of them a vegetable you've never tried before or one you haven't had in a while.

# Versatile Vegetables List

## Fresh Vegetables

To promote a diverse gut microbiome and support overall gut health, try incorporating at least five varieties of new vegetables into your weekly meals. This will expose you to a wide range of nutrients and encourage a more diverse and balanced diet for better overall health.

Buy locally and in-season vegetables for better taste, optimal nutrients and environmental sustainability.

- Asparagus
- Beets
- Bell Peppers (Green, Red, Yellow, Orange, etc.)
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage (Green, Red, Savoy, etc.)
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Green Beans
- Kale
- Leeks
- Lettuce (Romaine, Iceberg, Butterhead, etc.)
- Onions (Yellow, Red, White, etc.)
- Peas
- Radishes
- Shallots
- Spinach
- Sweet Corn
- Sweet Potatoes
- Swiss Chard
- Tomatoes
- Yellow Squash
- Zucchini

## Frozen Vegetables

Frozen vegetables offer several benefits, such as longer shelf life, convenience, and often lower cost than fresh vegetables. They can also be a great option for adding to smoothies, soups and stews as they provide extra nutrients, fibre, and a thick, creamy texture without altering the taste significantly, making it a convenient and healthy way to boost your daily vegetable intake.

- Broccoli florets
- Brussels sprouts
- Cauliflower florets
- Chopped spinach
- Diced bell peppers
- Edamame (soybeans)
- Green beans
- Mixed vegetables (peas, carrots, corn, green beans)
- Peas
- Sweet corn

## Canned Vegetables

To lower your sodium intake, choose canned vegetables that have no added salt or are labelled low sodium. Before using them, drain and rinse them to reduce their sodium content even more.

- Beets
- Carrots
- Corn
- Green beans
- Peas

## Reflection Space

How did you do with today's task? Which vegetables did you try, and how did you incorporate them into your meals? Did you discover any new favorites? Write down any thoughts, observations, or questions you have about today's topic here.



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# Day 3: Meal Planning

## The Power of Meal Planning

Meal planning is a simple but powerful tool to help you maintain a healthy diet. It involves taking the time to plan out your meals for the week or even just a few days ahead. With a meal plan in place, you're less likely to opt for unhealthy choices when you're hungry or short on time. Meal planning can also help you save money, reduce waste, and relieve the stress of deciding what to cook every day.

## How to Meal Plan

**Assess your week:** Consider your schedule for the week. On busy days, plan for quick meals or leftovers. On days you have more time, try a new recipe or cook in bulk.

**Choose your meals:** Select meals that offer a balance of protein, carbs, and healthy fats. Be sure to include lots of vegetables. Consider meals that can easily be adjusted to create variety (like a basic stir fry or salad, with different proteins or veggies).

**Make a shopping list:** Based on your meal plan, create a list of everything you need. Organizing it by sections of the grocery store can save you time while shopping.

**Prep ahead if possible:** Anything you can prepare in advance will make mealtime easier. This could be chopping vegetables, marinating protein, or pre-cooking grains.

## Resources

Included in this workbook is a simple meal-planning template. Using this template, you can structure your meals for the next day or even for an entire week.





## Today's Task

Today, your task is to plan out tomorrow's meals using the meal planning template provided. Be sure to incorporate lessons from the previous two days: be mindful of portion sizes and aim to include plenty of vegetables.

# Weekly Meal Plan

		GROCERY LIST
SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

# Reflection Space

How did you find the meal planning process? Was it easier or more challenging than you expected? What meals have you planned for tomorrow? Write down any thoughts, observations, or questions you have about today's topic here.



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# Day 4: Smart Snacking

## Understanding Snacking

Contrary to some beliefs, snacking isn't inherently bad. In fact, well-chosen snacks can be part of a healthy diet. Smart snacking can help manage hunger, provide energy between meals, and even supply valuable nutrients. The key is to select snacks that are satisfying and nutrient-dense, rather than those that provide empty calories.

## What Makes a Snack "Smart"?

A smart snack is one that offers a balance of macronutrients - protein, carbs, and healthy fats - while also being rich in fibre and low in added sugars. Here are a few examples:

- Greek yoghurt with fresh berries and a sprinkle of nuts
- Carrot sticks with hummus
- A small apple with a thin spread of almond butter
- A handful of mixed nuts and dried fruit

## How to Include Snacks in Your Day

Snacks should be seen as a way to tide you over until your next meal, not as mini meals themselves. Here are some guidelines:

- Timing: Aim to have a snack when there's a long gap between meals - for example, between lunch and dinner.
- Portions: Keep portion sizes in check. Even healthy foods can lead to weight gain if you eat too much of them.
- Hunger cues: Try to snack only when you're genuinely hungry, not out of boredom or stress.

## Resources

We've included a "Smart Snack Ideas" resource with this workbook. This guide provides a list of balanced, nutritious snack ideas to help you get started. Use it as inspiration to come up with your own snack combinations based on your personal preferences and nutritional needs.





## Today's Task

Your task today is to prepare and eat two "smart" snacks. Try to incorporate at least one fruit or vegetable into one of your snacks. Use the "Smart Snack Ideas" resource for inspiration if needed.



# Smart Snack Ideas



## Fruits and Vegetables

High in vitamins, minerals, and fibre.

- Apple slices with almond butter
- Carrot sticks with hummus
- Berries - Raspberries, blackberries, blueberries, strawberries



## Whole Grains

Provides sustained energy and fibre.

- Whole grain crackers & cheese
- Overnight Oats - Snack Size
- Homemade Popcorn



## Protein-Packed

Supports muscle repair and satiety.

- Greek yogurt & raspberries
- Hard-boiled eggs/Egg whites
- Mixed nuts
- Balanced Smoothies



## Healthy Fats

Essential for brain health, heart health and hormone health.

- Avocado toast
- Nuts and seeds
- Trail Mix
- Pumpkin seeds



## Tips for Smart Snacking

- ✓ **Portion Control:** Pre-portion snacks to avoid overeating.
- ✓ **Balanced Snacks:** Aim for a mix of macronutrients (carbs, protein, fats) in each snack.
- ✓ **Preparation:** Prep snacks in advance to make healthy choices accessible.

# Day 5: Hydration

## Understanding Hydration

Water is vital for our survival. It helps regulate body temperature, lubricate joints, deliver nutrients to cells, and keep our organs functioning properly. Being well-hydrated can improve sleep quality, cognition, and mood.

## How Much Water Should You Drink?

Based on factors such as age, sex, weight, physical activity level, and overall health. A general guideline is to drink approximately half of your body weight (in pounds) in ounces of water each day. For example, if you weigh 150 pounds, aim for 75 ounces of water a day.

### Tips for Staying Hydrated

- Start your day with a glass of water.
- Keep a water bottle with you throughout the day.
- If you're feeling hungry, drink water. Thirst is often confused with hunger.
- If you're feeling tired, drink water. Even mild dehydration can make you feel tired.
- Drink water before, during, and after a workout.
- Spice up your intake with flavoured water – add a slice of lemon, cucumber, or fresh mint.

## Caution

While drinking adequate water is essential, excessive intake can lead to water intoxication or hyponatremia, where a large amount of water disrupts the body's electrolyte balance. In extreme cases, it can be life-threatening. It's advisable to drink when thirsty, and consider your activity level and climate as these factors affect hydration needs. Maintaining a balanced intake is key rather than consuming excessive amounts indiscriminately.

## Resources

Included in this workbook is a "Hydration Tracker" to help you track your water intake throughout the day.



# Today's Task

Your task today is to aim for optimal hydration. Use the general guideline of drinking approximately half of your body weight (in pounds) in ounces of water. Track your water intake using the provided "Hydration Tracker."



7:00 AM			
		8:00 AM	
9:00 AM			
		10:00 AM	
11:00 AM			
		12:00 PM	
1:00 PM			
		2:00 PM	
3:00 PM			
		4:00 PM	
5:00 PM			
		6:00 PM	
7:00 PM			
		8:00 PM	

## Reflection Space

How did you find today's task? Did you manage to reach your hydration goal? If not, what were the challenges? Did you notice any differences in how you felt? Write down any thoughts, observations, or questions you have about today's topic here.



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# Day 6: Mindful Eating

## Understanding Mindful Eating

Mindful eating is about fully focusing on the experience of eating and drinking, both inside and outside the body. It's about observing how different foods affect your feelings and your physical and mental health. Mindful eating can help you learn to hear what your body is telling you about hunger and satisfaction, and it can help you nurture a healthy relationship with food.

## How to Practice Mindful Eating

- **Eat more slowly:** It takes about 20 minutes for your brain to register that you're full. Eating more slowly can help you avoid overeating and improve digestion.
- **Eliminate distractions:** Try to eat without doing anything else at the same time - no TV, phone, or computer.
- **Appreciate your food:** Take a moment to appreciate the colors, smells, flavors, and textures of your food. This can make your meal more satisfying.
- **Listen to your body:** Pay attention to hunger and fullness cues. Try to eat when you're truly hungry and stop when you're comfortably full, not stuffed.

## Resources

Included in this workbook is a "Mindful Eating Journal" page. Use it to jot down thoughts, feelings, and observations about the meal or snack where you practiced mindful eating.





# Mindful Eating Observations

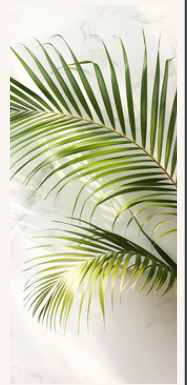
## SENSORY EXPERIENCE

Describe the smell, taste, texture, and appearance of the food.



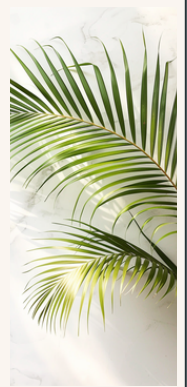
## EMOTIONAL RESPONSE

How did eating this food make you feel? Joyful, satisfied, guilty?



## HUNGER AND FULLNESS CUES

How hungry were you before eating? How full did you feel afterward?





## Today's Task

Your task today is to practice mindful eating. Choose one meal or snack where you will put these principles into practice.

## Reflection Space

How was your experience with mindful eating? Which meal or snack did you choose for the practice? How did it feel compared to your usual eating habits? Write down any thoughts, observations, or questions you have about today's topic here.

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# Day 7: Active Living

## Understanding Active Living

Active living is a way of life that integrates physical activity into your everyday routines. This could be anything from biking to work, doing household chores, taking the stairs instead of the elevator, or playing with your kids. Regular physical activity can reduce the risk of chronic diseases, improve mood and mental health, help with weight control, and increase longevity.

## How to Incorporate Active Living

- Set achievable goals: Start with small, attainable goals and gradually increase as your fitness improves.
- Choose activities you enjoy: You're more likely to stick with physical activities you love.
- Mix it up: Try different activities to keep your interest alive.
- Make it social: Involve family or friends. It's more fun and motivating.

## Resources

Included in this workbook is an "Activity Planner" page. Use it to schedule your physical activities for the next week. Remember, the aim is to make physical activity a regular part of your daily routine.

## Today's Task

Your task today is to engage in at least 30 minutes of physical activity. This doesn't have to be all at once; you could break it up into two 15-minute or three 10-minute sessions.



# Activity Planner & Tracker

DAY	ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
		TOTAL TIME:

## Reflection Space

What physical activity did you choose for today's task? How did it make you feel? What activities are you planning for the next week? Write down any thoughts, observations, or questions you have about today's topic here.



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# Congratulations!

You've successfully completed a week dedicated to building healthier habits, from portion control to active living. Each day, you've taken small yet meaningful steps toward a balanced lifestyle, laying a foundation for lasting wellness.

## **Take a moment to consider:**

- What positive changes have you noticed?
- Which habits felt most beneficial or achievable?

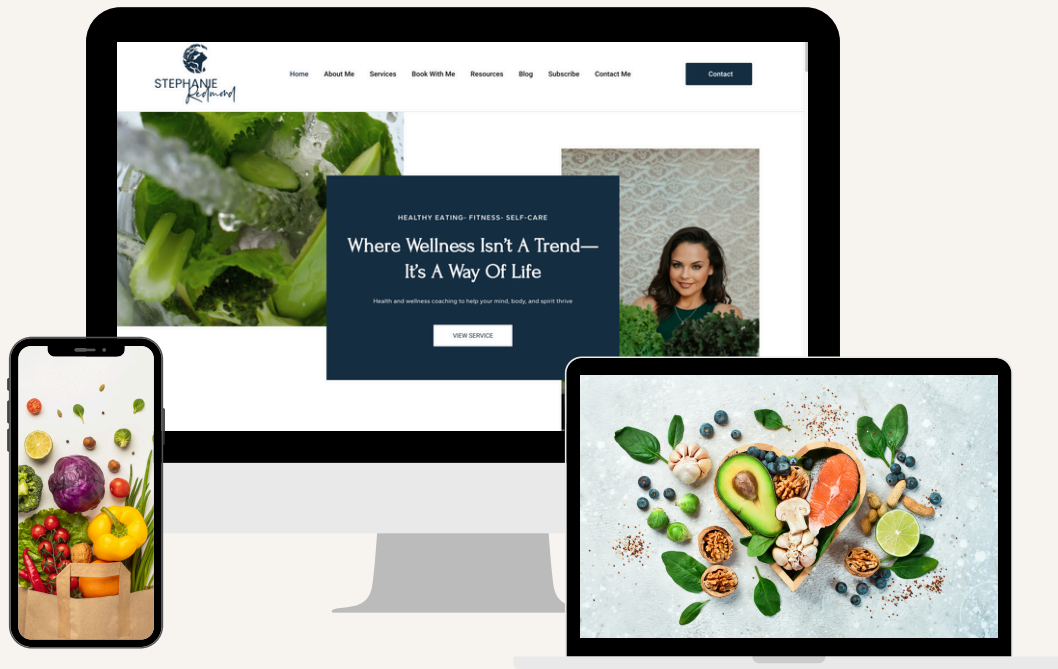
## **As you continue on this path, remember:**

- **Stay Consistent:** Build on the habits you enjoyed and gradually add new ones.
- **Practice Self-Compassion:** Progress matters more than perfection.
- **Listen to Your Body:** Every body is unique—embrace what feels best for you.



Making time for your health and wellness is one of the greatest acts of self-care. By prioritizing yourself, you're cultivating a stronger, healthier, and more resilient you.

# HEALTH AND WELLNESS COACHING



IF YOU'VE EVER FELT LOST WHEN IT  
COMES TO OPTIMIZING YOUR HEALTH,  
YOU'RE NOT ALONE.

Sifting through conflicting information, doctors, naturopaths,  
online health gurus, and good ol' Google, it's a full-time job to  
make sense of it all.  
That's where I come in.

[READ MORE](#)

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# READY TO FEEL YOUR ABSOLUTE BEST?

Investing in a health coach isn't just about changing habits, it's about gifting yourself more 'you-time' to rejuvenate, to recalibrate, and to nurture your health journey.


Consider me your wellness ally, your guiding hand, here to help you streamline your goals, bring clarity to your health journey, and uplift your overall well-being.



## LET'S CHAT

In this complimentary, no-commitment session, we'll discuss your health objectives, your wellness aspirations, and explore how we can work together to ignite your health journey. Let's shift your daily life from overwhelm to vibrant well-being.

[BOOK A CALL](#)



Healthy habits  
are the seeds of  
a thriving life.

# Challenge Schedule

- **DAY 1**  
Understanding Portion Control  
and Why it's Important.
- **DAY 2**  
Increasing Vegetable Intake
- **DAY 3**  
Meal Planning
- **DAY 4**  
Smart Snacking
- **DAY 5**  
Hydration
- **DAY 6**  
Mindful Eating
- **DAY 7**  
Active Living



# THANK YOU

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## Congratulations on Completing the 7-Day Healthy Lifestyle Challenge!

You've successfully completed a week dedicated to building healthier habits, from portion control to active living. Each day, you've taken small yet meaningful steps toward a balanced lifestyle, laying a foundation for lasting wellness.

### **Take a moment to consider:**

- What positive changes have you noticed?
- Which habits felt most beneficial or achievable?

### **As you continue on this path, remember:**

- **Stay Consistent:** Build on the habits you enjoyed and gradually add new ones.
- **Practice Self-Compassion:** Progress matters more than perfection.
- **Listen to Your Body:** Every body is unique—embrace what feels best for you.

Thank you for taking this journey toward a healthier lifestyle! Keep nurturing these habits, and remember: each small step counts.

STEPHANIE  
*Redmond*