

# *The* **HEALTHY** *Holidays* **CHECKLIST**

*Feel Fit for the Holidays!*



[WWW.TIGHTENUP.COM.AU](http://WWW.TIGHTENUP.COM.AU)





# Welcome

## Ready to Enjoy the Best of the Holidays?

What if I told you that this year it's possible to sail through the holiday season feeling energised, fit, and healthy...

Without feeling like you have to psych yourself up in January to get back on track with your healthy lifestyle...

Because you'll already BE on track!

We've created a simple – but super effective – planner to help you navigate the holidays and kick off 2025 feeling your very best.

It focuses on the BEST and MOST EFFECTIVE steps that you can easily check off your to-do list.

**The Goal:** *Keep up with your most important healthy habits so you can enjoy the season AND stay on track.*





## WELCOME

We love habit tracking because it keeps you accountable to yourself by giving you immediate feedback.

At Tighten Up, we help women and men heading into mid-life feel and look great, and now have the time to invest in their health. We have a proven program that's helped 100's of midlife women and men, just like you reach their goals and enjoy the process.

If you want to learn more about getting serious results, make sure to check out the last page of this ebook for a special offer! Ready to dive in? Let's get going!

Ready to take the next step? Let's get started.



Jewelz Griffiths

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# The (un)Healthy Holiday Trap

This time of year is known for celebrations: rich food, seasonal treats, cocktails, parties, shopping, traditions, and travelling — all done on less-than-optimal sleep.

Studies have shown:

- *Two-thirds of people surveyed said that during the holiday season they overindulge in food*
- *Nearly 45% said they take a break from exercise*
- *More than half report feeling tired and that they have less time for themselves*
- *One-third said they drink more alcohol during the holidays*

That's not even getting into the stress surrounding the holidays for many people.

You can see how all of that can leave you feeling flat, tired, bloated, and overwhelmed.

The great news is that exercise, eating a healthy diet, and being well-rested can help you not only feel physically great...

It can help you manage stress and anxiety — and boost your mood.







“

*The habits you  
repeat every day  
largely determine  
your health, wealth,  
and happiness.*

*James Clear*

## Holiday Planner How-To's

Simply print out your weekly planners and give yourself a checkmark for every healthy habit you complete.

Aim for at least **5 checkmarks** each week in each category (including fun!).



## Weekly Habit Tracker

Activity

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Drink water after waking up</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Eat protein at every meal</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Get 30 minutes of activity</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Eat 5 servings of veggies and fruits</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>15 minutes of fresh air</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Do something fun!</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>7-8 hours of sleep</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Self-Reflection Note:

*"You didn't come this far to only come this far."*



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Self-Reflection Note:



*“Special occasions come and go, but good health stays with you forever.”*



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Self-Reflection Note:

*“You deserve a holiday filled with energy and vitality – take care of yourself first.”*

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Self-Reflection Note:



*"The best gift you can give yourself this holiday season is the gift of health."*



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Self-Reflection Note:



*“The greatest gift you can give the family and the world is a healthy you.”*

# Ready to take your NEXT STEPS?

At Tighten Up, our mission is to help our clients feel fit, healthy and strong in ways that work with their lifestyle.

If you're a in your midlife years, looking for a better way to exercise and eat so you can feel and look great, we want to invite you to experience a simpler and easier approach that's already gotten 100's of Women and Men amazing results.

## Ways to Work With Me: Ultimate Small Group Training

*This program is tailored to Small Groups of people that want guidance with technique. Max of 6 people.*

[LEARN MORE HERE](#)

## 1-1 Personal Training

*Customised 1on1 Training for in depth guidance and accountability*

[LEARN MORE HERE](#)

*We'd love to be part of your wellness journey.*



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