

GOAL PLANNER

GIVE YOURSELF AT LEAST 6 MONTHS TO SEE REAL CHANGE! WHAT IS A GREATER DETERMINANT FOR YOUR SUCCESS IS YOUR MINDSET AND HOW HONEST YOU ARE WITH YOURSELF.

NO MORE WAITING. BE THE PERSON YOU'VE ALWAYS BEEN TOO SCARED TO EMBRACE. THIS WILL NOT BE LIKE THE OTHER TIMES, THIS TIME YOU WILL CHANGE, YOU WILL STICK TO HABITS, YOU WILL GET BACK UP EVERY TIME YOU GET KNOCKED DOWN AND SEE RESULTS.

IN AS MUCH DETAIL AS POSSIBLE STATE WHAT YOUR DREAM BODY LOOKS LIKE, WHAT IT CAN DO AND HOW IT FEELS.

WHAT ACTIONS/CHANGES DO YOU THINK IT WILL TAKE TO REACH YOUR GOALS?

HOW MUCH TIME DO YOU THINK IT WILL TAKE TO REACH YOUR GOALS?

ARE YOU CURRENTLY LIVING, EATING AND MOVING IN LINE WITH YOUR GOALS?

DO YOU BELIEVE YOU CAN REACH YOUR GOALS ALONE?

WHAT SUPPORT DO YOU NEED TO REACH YOUR GOALS?





MARWA KHARSA
HEALTH & WELLNESS COACH

HABIT TRACKER

HABIT	CHECKLIST																															
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NOTES :

MACRO- RICH FOODS



MARWA KHARSA
HEALTH & WELLNESS COACH

PROTEIN-RICH FOODS

2% MILK ♦ AMARANTH ♦ ANCHOVIES ♦ ASPARAGUS ♦ BEEF ♦ BONE BROTH ♦ BROCCOLI ♦ BRUSSELS SPROUTS ♦ CANNED TUNA
CHICKEN ♦ CHORIZO ♦ COD ♦ COTTAGE CHEESE ♦ EGGS ♦ GRAPEFRUIT ♦ GREEK YOGURT ♦ GREEN BEANS ♦ GUAVA ♦ HALIBUT
HUMMUS ♦ KEFIR ♦ KIDNEY BEANS ♦ LENTILS ♦ MUSHROOMS ♦ NUTS ♦ PASSION FRUIT ♦ PISTACHIOS ♦ POMEGRANATE
PUMPKIN SEEDS ♦ QUINOA ♦ RAINBOW TROUT ♦ SALMON ♦ SEITAN ♦ SHRIMP ♦ SOBA NOODLES ♦ SOYBEANS ♦ SQUASH
SPINACH ♦ SPIRULINA ♦ SUN-DRIED TOMATOES ♦ SWISS CHEESE ♦ TEMPEH ♦ TILAPIA ♦ TOFU ♦ TUNA ♦ TURKEY
UNSWEETENED COCOA POWDER ♦ WHEATGRASS POWDER ♦ WHEY PROTEIN

FAT-RICH FOODS

ALMONDS ♦ AVOCADO ♦ BACON ♦ BEEF ♦ BUTTER ♦ CANOLA OIL ♦ CASHEWS ♦ CHIA SEEDS ♦ COCOA BUTTER ♦ COCONUT
COCONUT OIL ♦ DARK CHOCOLATE ♦ DUCK ♦ EDAMAME ♦ EGG YOLKS ♦ FLAXSEED ♦ GREEK YOGURT ♦ HEAVY CREAM
HEMP SEED OIL ♦ MACADAMIA NUTS ♦ MACKEREL ♦ OLIVE OIL ♦ OLIVES ♦ PARMESAN CHEESE ♦ PEANUT BUTTER
PEANUT OIL ♦ PEANUTS ♦ PECANS ♦ PINE NUTS ♦ PISTACHIOS ♦ SALMON ♦ SARDINES ♦ SOUR CREAM ♦ SOYBEANS ♦ SPIRULINA
SUNFLOWER SEEDS ♦ TOFU ♦ TUNA ♦ WALNUTS ♦ WHOLE MILK

CARBOHYDRATES

ACAI BERRIES ♦ APPLES ♦ BANANAS ♦ BEANS ♦ BEETS ♦ BLACK-EYED PEAS ♦ BLACKBERRIES ♦ BLUEBERRIES ♦ BUCKWHEAT
BULGUR ♦ CANTALOUPE ♦ CHICKPEAS ♦ CHIPS ♦ CORN ♦ COUSCOUS ♦ DATES ♦ ENERGY BARS ♦ FARRO ♦ GRAPEFRUIT ♦ GRAPES
GREEN PEAS ♦ LENTILS ♦ LIMA BEANS ♦ MANGO ♦ MILLET ♦ MUFFINS ♦ MULTIGRAIN HOT CEREAL ♦ OATMEAL
PANCAKES ♦ PARSNIPS ♦ PASTA ♦ PEACHES ♦ PEARS ♦ PINEAPPLE ♦ PLUMS ♦ POTATOES ♦ PRETZELS ♦ PUMPKIN
RAISINS ♦ RICE ♦ SOURDOUGH BREAD ♦ SQUASH ♦ STRAWBERRIES ♦ SWEET POTATOES ♦ WAFFLES ♦ WATERMELON
WHOLE-WHEAT BREAD ♦ YAMS ♦ ORANGES ♦ QUINOA

FRIDGE INVENTORY



MARWA KHARSA
HEALTH & WELLNESS COACH

WEEK: _____

COOKED		
PROTEINS	VEGGIES	CARBS
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

OTHER FOODS /READY TO EAT

RAW VEGGIES

- _____
- _____
- _____
- _____

FRUITS

- _____
- _____
- _____
- _____

REQUESTS FOR NEXT WEEK:

FATS

- _____
- _____
- _____
- _____