

Your Daily 8

Diet first, then exercise, then supplements.

No counting, no weighing, no perfect days. Check a box when you do it. A week with more checks than last week is a good week.

Today I...	M	T	W	T	F	S	S
1 Skipped sugary drinks Water, unsweetened coffee or tea	☐	☐	☐	☐	☐	☐	☐
2 Walked 10–15 minutes after a meal Start within half an hour of eating (Ch. 7)	☐	☐	☐	☐	☐	☐	☐
3 Made half my plate vegetables At lunch and dinner (Ch. 11)	☐	☐	☐	☐	☐	☐	☐
4 Ate my carbs last Vegetables and protein first (Ch. 14)	☐	☐	☐	☐	☐	☐	☐
5 Had a fiber food Beans or lentils, oats, or whole fruit (Ch. 15)	☐	☐	☐	☐	☐	☐	☐
6 Got up every 30 minutes A quick stand or short walk when sitting (Ch. 9)	☐	☐	☐	☐	☐	☐	☐
7 Slept 7 or more hours last night (Ch. 20)	☐	☐	☐	☐	☐	☐	☐
8 Did strength exercise 2–3 days a week; open days are rest days (Ch. 8)	☐	☐	☐	☐	☐	☐	☐
Checks this week: _____ Last week: _____							

Start with the box you check least. That's where your diet has the most room to improve, so change that habit first. Add the next one when it feels normal.

Moderation, not perfection. A diet you can't keep up is pointless. You don't need someone else's plan. Shape the way you already eat around these basics, and keep the foods you love in smaller amounts.

New to this? Start with boxes 1, 2 and 7 for the first month (Chapter 27, your 90-day plan).