YOUR PERSONAL ACTION BOOK

Eat Well Without a Diet

Build everyday eating habits that actually stick.

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THE BIG PICTURE

Your 90 days at a glance

Every goal and its checkpoints on one timeline — so you can see how the next 90 days fit together, not as separate plans.

DAY 30 **Health.** Cooked a simple home meal 4+ days a week for two weeks

Health. Kept one wake time, 7 days a week, for two weeks straight

DAY 60 **Health.** Hit a daily protein and vegetable target for three weeks

Health. Moved my body 5+ days a week for three weeks running

DAY 90 **Health.** Eating well feels like my default, not a struggle

Health. Waking up rested most mornings, no alarm jolt

> MID-POINT CHECK-IN · AROUND DAY 45
>
> Halfway through, take five minutes and answer these honestly:
>
> 1. **What's actually working?** Do more of it.
> 2. **What's not?** Shrink it until it's easy, or drop it.
> 3. **What's the one thing** you'll fix for the second half?

HEALTH

Eat well without a strict diet

Build simple eating habits that stick instead of crash dieting.

THE CHALLENGE

I eat badly and want to clean it up

WHY IT MATTERS

What you eat every day shapes your energy, weight, and long-term health.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Cooked a simple home meal 4+ days a week for two weeks.
Month 2–3	Turn the routine into a result you can point to, working toward: Eating well feels like my default, not a struggle.

MILESTONES

- DAY 30 — Cooked a simple home meal 4+ days a week for two weeks
- DAY 60 — Hit a daily protein and vegetable target for three weeks
- DAY 90 — Eating well feels like my default, not a struggle

KEYSTONE HABITS

Protein and veg at meals

When I plan a meal, I will build it around a protein and a vegetable.

Plan the week's food

Every Sunday, I will decide a few easy meals and shop for them.

YOUR FIRST ACTIONS

- [ ] **Pick five easy default meals**
  Choose a handful of simple meals you can make on autopilot.
- [ ] **Stock the kitchen for them**
  Keep the staples on hand so the healthy option is the easy one.

- [ ] **Crowd out, don't cut out**
  Add protein and vegetables first so there's less room for junk.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Protein and veg at meals

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Plan the week's food

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IF-THEN PLAN

When I'm tempted by something fast and processed**, then** I reach for a pre-prepped option I stocked instead.

When I don't feel like cooking**, then** I make one of my five no-decision default meals.

When I catch myself grazing**, then** I drink water and ask if I'm actually hungry.

HEALTH

Rebuild steady daily energy

Have reliable energy through the day by protecting sleep and movement.

THE CHALLENGE

Low energy — tired all the time

WHY IT MATTERS

Energy is the multiplier on every other goal — fixing it lifts the rest.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Kept one wake time, 7 days a week, for two weeks straight.
Month 2–3	Turn the routine into a result you can point to, working toward: Waking up rested most mornings, no alarm jolt.

MILESTONES

- **DAY 30** Kept one wake time, 7 days a week, for two weeks straight
- **DAY 60** Moved my body 5+ days a week for three weeks running
- **DAY 90** Waking up rested most mornings, no alarm jolt

KEYSTONE HABITS

Consistent wake time

The moment my alarm goes off, I will get up at my fixed wake time.

Morning daylight + movement

After I pour my first coffee, I will step outside for 10 minutes.

Wind-down before bed

When the clock hits 10pm, I will start my wind-down routine.

YOUR FIRST ACTIONS

- [ ] **Set one fixed wake time**
  Pick a single wake time you can keep on weekends too, and set a recurring alarm.

- [ ] **10-minute morning walk**
  Get outside within 30 minutes of waking for light and movement.

- [ ] **Screens off 30 min before bed**
  Park the phone outside the bedroom and read instead.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Consistent wake time

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Morning daylight + movement

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Wind-down before bed

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IF-THEN PLAN

When I can't fall asleep**, then** I get up, read under dim light for 15 min, then try again.

When the day starts slipping**, then** I do the next smallest health action on my list, not the whole plan.

When I have no time to exercise**, then** I do a 10-minute walk between meetings instead of skipping it.