

YOUR PERSONAL ACTION BOOK

Eat Well Without a Diet

Build everyday eating habits that actually stick.



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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

Plan the week's food

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

Morning daylight + movement

Wind-down before bed

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.