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WEEK 7: WHOLISTIC PLAN: Pulling It ALL Together

- Wins and Challenges
- Changes in Checklist

1. Exercise

- ☐ 3-6 days of cardio exercise
 - walking short to long slow
 - interval (1, 2, or 3)
 - mid-tempo (optional)
 - N.E.A.T. on all days
- ☐ 2-3 days of resistance training (2 heavy with 72 hours between)
 - heavy, "power," light fast (for recovery/lighter days)

2. Nutrition

- ☐ 30gms protein x 3 (front loading 1st meal)
- ☐ 3 cups leafy greens (and 3-6 of deeply colored and O/M/C)
- ☐ 3 cups berries and citrus (or fewer for carb sensitivity)
 - ☐ Test dairy
- ☐ Test gluten and wheat
 - ☐ water (1/2 weight in lbs in ounces)
 - ☐ limited processed foods
 - ☐ IF snacks they consist of protein + either carb or fat
 - ☐ Pre-resistance training protein/post resistance protein + carb

3. Sleep

- ☐ 7-9 or your optimal number a night
- ☐ routine bedtime
- ☐ same waketime

4. Stress

- ☐ awareness of your macro and micro symptoms of stress
- ☐ look forward to something every day outside of work
- ☐ coping mechanisms: music, meditation, humor, hobbies, friends, nature, deep breathing, yoga

5. Rest & Recovery

- ☐ Weekly exercise plan conscious of hard, easy, moderate and rest days
- ☐ Complete rest day or days from “exercise”

6. Hormones

- ☐ Identified my hormone signs and solutions
- ☐ Nutrition changes support hormones
- ☐ Exercise changes support hormones
- ☐ Sleeping well, waking rested or prioritizing this
 - ☐ Environmental stress exposure reduced (chemicals, tech, people)
 - ☐ Emotional stress outlets that positively impact my health

7. Wholistic – Holistic – Allostatic Load

- ☐ Aware of Daily Total Stress Load: work, exercise, diet, rest, sleep
- ☐ Balancing heavy work stress with light or short exercise
- ☐ Maintaining nutrition needs through planning
 - ☐ Balancing hard or longer exercise with your days off, weekends
 - ☐ Have a Plan, Work the Plan, Have an Optimal, Second Best, If AEF

8. Please send us your answers to the following:

- Where were you when you started?
- What were your thoughts and biggest obstacles?
- How has course helped you?
- How have your actions or thoughts changed?
- What was the most valuable “ah-ha” moment during the course?
- What area for you is the greatest area of conflict or struggle?
- How likely are you to continue with the foundations you have set here?
- Anything you want to add?

(you'll find a feedback form to use in this module)

YOU ROCK! Now, go and rock your jeans and your life! Making it all the way through this course is no small feat. Quick-fixes and immediate gratification are so often easier to fall for and be seduced by. Congratulations for your commitment to longer term changes.

If you didn't know what to believe, and you didn't know what to do, now you do.

The rest is up to you. We're here to support you!