

30 DAY WELL BEING PROGRAMME

Where everyone can train like an athlete



WEEK _____ to _____

PREPARED BY Therapist - Laura Kavanagh

GOALS Feel healthier, more energised and loose body fat whilst

[Title, Organisation]

increasing both hydration and muscle mass.

FOR _____

NUTRITION TASKS

DAYS: 30 DAYS

TASKS	IMPORTANCE	NOTES/EXCEPTIONS
NO FIZZY OR SQUASH	Medium	1 every other day if chosen
ONLY SOME FRUIT	Low	Bananas, Kiwi, Plums, Melon - YES
BREAD OPTIONS	High	Only 2 x per week
NO ALCOHOL	High	1 x per week if chosen (Vodka/Soda)
EAT LOTS & ENJOY	High	Just pick healthier options

EXERCISE & TRAINING

DAYS: 30 DAYS

DAY	TYPE / TIME	DISTANCE	TYPE	NOTES/DESCRIPTION
MONDAY	WALK 100 Min	5 Mile		Your chosen pace - Try to reach 3mph
TUESDAY	GYM 60 Min		Lower Body	10 mins cardio start and finish (Any)
WEDNESDAY	YOUR CHOICE 30 Min			
THURSDAY	HILL CLIMBS 30 Min			1 minute rest inbetween each climb
FRIDAY	GYM 45 Min		Upper Body	10 mins cardio start and finish (Any)
SATURDAY	GYM 30 Min		Core & Mobility	5 mins cardio start (Any)
SUNDAY	WALK 100 Min	5 Mile		Your chosen pace - Try to reach 3mph

LIFESTYLE TASKS

DAYS: 30 DAYS

TASKS	IMPORTANCE	NOTES
DRINK LOTS OF WATER	High	2.5 Litre Daily
CHANGE USING YOUR PHONE IN BED	High	Listen to music, read or relax
3 KEY TASKS - FOR NEXT DAY	High	3 Only to complete the next day
WEEKLY REWARD	Medium	Complete 7 days, small chosen reward
30 DAY REWARD	Medium	Pick a reward for completing your plan

IMPROVE BODY PAINS & MIND HEALTH

DAYS: 30 DAYS

TASKS	IMPORTANCE	NOTES
POMODORO EFFECT	High	25 min alarm at work, 5 minutes move
STRETCHING EVENING	Medium	Full body stretch before bed
1 ANTI INFLAMMATORY FOOD A DAY	Low	Research or request list
PREPARE YOUR DAY THE NIGHT BEFORE	Medium	Clothes, breakfast, 3 key task note