

Plan For Home

Making Changes

When creating habit changes be kind, patient and compassionate towards yourself. Remember to keep your *why* in mind while starting small with 1 or 2 changes until they become habitual.

I. Stress Management

Breath Practice (Daily)	<p>A. Belly Breathing (<i>5 minutes: controlled inhales and exhales; nose-nose or nose-mouth</i>)</p> <p>B. Relaxation Breathing (<i>5-10 minutes: inhale 4 counts; hold 7 counts; exhale 8 counts; nose-nose or nose-mouth; best in the evening</i>)</p> <p>C. Square Breathing (<i>5-10 minutes: inhale 4 counts; hold 4 counts; exhale 4 counts; hold 4 counts; nose-nose or nose-mouth; best in the morning or to induce calm</i>)</p>
Yoga Practice (1-2x/Week)	<p>A. Restorative Yoga (<i>soft, healing and deep stretches</i>)</p> <p>B. Gentle Flow (<i>calming, soft and slow</i>)</p> <p>C. Vinyasa Flow (<i>energizing, grounding and strength</i>)</p>
Self-Care Practice (Daily)	<p>A. Unplug (<i>avoid technology for 30 minutes or no work email on your phone</i>)</p> <p>B. Enjoyment (<i>Get outside in nature or join a social activity for at least 10 minutes</i>)</p> <p>C. Self Reflect (<i>Journal or Meditate 5-10 minutes</i>)</p> <p>D. _____ (for _____ minutes)</p>
Sleep & Rest Reminders (Daily)	<p>A. Change Your Lifestyle</p> <ol style="list-style-type: none"> 1. <i>Reduce artificial light exposure 1 hour before bed or use blue light blockers</i> 2. <i>Get outside for 30-60 minutes 5 days/week (ex: walk at lunchtime)</i> 3. <i>Set a new work boundary (example: stop working by 6pm)</i> <p>B. Stay Tight to a Specific Sleep Schedule</p> <ol style="list-style-type: none"> 1. <i>Create a sleep range of 1 hour for bedtime (ex: between 10 and 11pm)</i> 2. <i>Wake up at the same time at least 5 days per week</i> <p>C. Add a Sleep Strategy to Improve the Quality of Your Sleep</p> <ol style="list-style-type: none"> 1. <i>Warm bath 1 hour before bedtime</i> 2. <i>No caffeine after 2 pm/no alcohol 3 hours before bed 5 days/week</i> 3. <i>Other: _____</i>

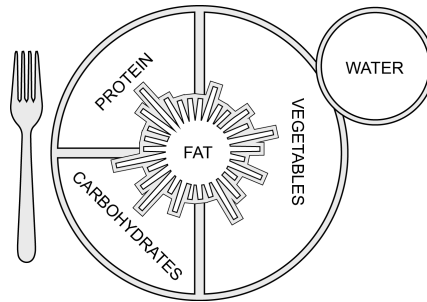
* Lecture Handouts for Stress Management and Sleep available at www.skyterraathome.com/pillars/

* Breathing Practice videos available in the watch section of Skyterra At Home → Self Care and Stress Management or Yoga → Connect or Meditation

II. Nourishment - Nutrition

Meals at Home <i>(Out of 21 meals/week)</i>	<p>A. 8 - 10 meals at home B. 12 - 15 meals at home C. 18 - 20 meals at home</p> <p>This includes cooking for yourself or using high-quality at-home resources</p>
Mindful Meals <i>(1 meal/day)</i>	<p>A. Sit at the table B. Take 20 minutes to finish meal C. Connect to Hunger / Fullness (use scale if needed)</p> <p>These meals should include minimizing distractions</p>

The Skyterra Plate



Food Focus <i>(1-2 meals/day)</i>	A. Increase Vegetables	Spinach, Arugula, Kale, Romaine, Broccoli, Cauliflower, Broccolini, Bell Peppers, Cucumber, Tomatoes, Brussels Sprouts, Cabbage, Onion, Zucchini, Summer Squash, Eggplant, Green Beans, Beets, Carrots, Mushrooms, Herbs, etc.
	B. Prioritize Healthy Fats	Avocado, Nuts, Seeds, Nut or Seed Butters, Olive Oil, Extra Virgin Olive Oil, Grapeseed Oil, Sesame Oil, Butter, Cheese, Olives, Chocolate, Coconut, Vinaigrettes, Pesto, Hummus, etc.
	C. Quality Protein	Eggs, Chicken, Turkey, White Fish, Shrimp, Scallops, Mussels, Salmon, Meat, Bison, Greek Yogurt, Yogurt, Beans, Lentils, Tempeh, Tofu, Edamame, Nuts and Seeds, etc.
	D. Appropriate Carbohydrates	Rice, Quinoa, Oats, Sorghum, Sweet Potatoes, Red Potatoes, Purple Potatoes, Butternut Squash, Beans, Lentils, Fruit (all), Breads, Pastas, Honey, Baked Goods, etc.
	* Flavor Ideas:	Lemon, Lime, Orange, Garlic, Shallots, Ginger, Spices, Cilantro, Chives, Basil, Parsley, Tarragon, Rosemary, Vinegars, Vinegar Reductions, Kosher Salt, Sea Salts, Pepper, Curry, Turmeric, etc.

* Recipes available at www.skyterraathome.com/recipe/

* Food & Nutrition Videos in the watch section of Skyterra At Home → Culinary and Nutrition

III. Movement - Fitness

Aerobic Cardio (3-5 days/week of any form of cardio)	A. Walk for 5 minutes after every hour of sitting B. Walk for 30 minutes or personal step goal _____ (3 days/week) C. Walk for 60 minutes or personal step goal _____ (5 days/week) D. _____ (___ days/week)
Mobility (weekly)	A. 1-2 times/week (5-10 minutes, no more than 2 techniques) B. 3-4 times/week (10 minutes, no more than 3 techniques) C. Daily (10-15 minutes, no more than 4 techniques)
<i>Mobility video resources: https://www.skyterraathome.com/video/mobility/</i>	
Strength (weekly)	A. 1-2 times/week (20-30 minutes each) B. 2-3 times/week (30-45 minutes each) C. 3-4 times/week (30-60 minutes each)
<i>Fitness video resources: https://www.skyterraathome.com/video/fitness/</i>	
Smart Cardio (1-3 days/week)	A. 1 Tabata (Complete 8x thru on cardio machine of choice - Work 0:20, Rest 0:10 - Row, Elliptical or Bike) B. 1 Intervals (Choose any cardio machine - 3x thru: Work 3:00, Rest 3:00, Work 2:00, Rest 2:00, Work 1:00, Rest 1:00) C. 2 Intervals (Choose any cardio machine - 5x thru: Work 1:00, Rest 2:00, Work 0:30, Rest 1:00)

** Descriptions and Written Examples available at www.skyterraathome.com/pillars/fitness/*

Personal Summary

Outcomes <i>(what do you want to be different)</i>	
Why <i>(why is it important to you)</i>	
Identity <i>(who will you become)</i>	
Stress Management <i>(your one highlighted choice)</i>	
Nutrition <i>(your one highlighted choice)</i>	
Fitness <i>(your one highlighted choice)</i>	