

Boss Mom WELLNESS

HEALTHY HABITS: *Tips & Tricks*

- ✓ **Take a look at what you're putting in your coffee each morning.** Many creamers contain a surprising amount of added sugar.
- ✓ **Always have a snack on hand.** When hunger hits, you're far less likely to make poor choices if you're prepared.
- ✓ **Give yourself grace.** Not every day or every week will be perfect. Progress comes from consistency about 80% of the time.
- ✓ **Eat a real breakfast.** Many people notice afternoon snacking and intense hunger disappear once they start eating a balanced, substantial breakfast.
- ✓ **Aim for a minimum of 30g of protein per meal.**
- ✓ **Find an accountability partner.** Whether it's a coach, a friend, or your partner, your chances of success increase to 95% when accountability is in place.
- ✓ **Drink your water.** Aim for half your body weight in ounces each day. A 40-ounce water bottle makes tracking simple.

