

21-Day BOOST App Outline

Day 1

App info

Nutrition Guidance:

Dehydration Explanation

.pdf Dehydration Chart

Day 2

Self-Care Tip: Journal Benefits

Nutrition Guidance:

.pdf Your Plan Explanation

.pdf merged file of Journal Pages

-**Measurement Video**

-**Request they turn in their #'s to the Food Coach**

Day 3

Self-Care Tip: Meditate Suggestion

Nutrition Guidance:

Lesson on cells

.pdf Guys & Gals Meal Snack Idea

Charts

Day 4

Self-Care Tip: Break a sweat each day

Nutrition Guidance:

.pdf Guys & Gals Pack & Go Charts

-**Provide Body Comp. info back to participant**

Day 5

Self-Care Tip: Watch the language you use with yourself

Nutrition Guidance: Lesson on that this is a process

Day 6

Self-Care Tip: 12 Tips #1 Set SMART Goals

Nutrition Guidance:

.pdf Meal Replacement Bar suggestions

Day 7

Self-Care Tip: Good Habits Image

Nutrition Guidance:

Lesson on the importance of focusing on the type of weight you're losing.

.pdf **Body Composition Report**

Day 8

Self-Care Tip: 12 Tips #5 Schedule Your Workouts

Nutrition Guidance:

Lesson on Calories and exercise comparisons

Day 9

Self-Care Tip: Image that you're amazing

Nutrition Guidance:

Lesson on modifying recipes

.pdf **Recipe Modifications**

Day 10

Self-Care Tip: Image of making time for wellness

Nutrition Guidance:

Lesson Phytochemical Edu.

.pdf **Eat the Rainbow**

Day 11

Self-Care Tip: 12 Tips #4 Plan & Prepare Meals Ahead

Nutrition Guidance:

-**Video on being consistent**

Day 12

Self-Care Tip: Lesson on balancing habits with

.pdf **with Tips**

Nutrition Guidance:

Lesson is a challenge to only consume starchy carbs 1 meal per day

.pdf **Squishy vs Rough carbs**

Day 13

Self-Care Tip: Image of Progress vs. perfection

Nutrition Guidance:

Lesson on Plant Based Diets

.pdf **from BH RD explaining this concept**

Day 14

Self-Care Tip: Image of Love your Body

Nutrition Guidance:

Healthy Swap
Image of Greek Yogurt in place of Sour Cream

Day 15

Self-Care Tip: Lots of little steps vs. one giant leap for sustainability.

Nutrition Guidance: How's the quality of your life today, 2 weeks in?

Day 16

Self-Care Tip: Before getting out of bed run through your day. Practice behavior.

Nutrition Guidance:

Lesson on what happens when you overcome portions

.pdf **On Over-consumption**

Day 17

Self-Care Tip: 12 Tips # 12 Image to Forgive Yourself

Nutrition Guidance:

Lesson on Blood Glucose and how to control it

.pdf **on Blood Sugar**

Day 18

Self-Care Tip: Image of Have Hope with encouraging words

Nutrition Guidance:

Healthy Swap image with Quinoa

Day 19

Self-Care Tip: Move!

Nutrition Guidance:

Lesson on Understanding Food Label Claims

.pdf **of Food Labels Explanation**

Day 20

Self-Care Tip: Image The Body hears everything. Stay positive.

Nutrition Guidance: Healthy Swaps - oats for breadcrumbs

Day 21

Self-Care Tip: Image Never Give Up

Nutrition Guidance: Pointing out all the accomplishments

-**Measurement Video**

-**Request they turn in their #'s to the Food Coach**

Day 22 (Final Day)

Self-Care Tip: Mention of what's possible for next steps with customization

Nutrition Guidance:

Image New Beginning

.pdf **with Program Options**

-**Provide Body Comp. info back to participant**