

FUEL & FLOW: 6-WEEK HOLIDAY WELLNESS GUIDE

Fridge Tracker for Mindful Nutrition, Movement & Balance

AVMED WELLNESS
POST ON YOUR FRIDGE!

3 NON-NEGOTIABLE HOLIDAY PRINCIPLES

1. **People Over Platter:** Focus on connections and conversation, not just food.
2. **15-Min Glucose Sweep:** Take a short walk after main holiday meals.
3. **Presence Over Perfection:** 80% consistency beats 100% all-or-nothing diet rules.

WEEK 1: Late NovTHANKSGIVING BASELINE

- ☐ **Pre-Feast Hydration:** Drink 16 oz water before holiday meals.
- ☐ **Anchor Protein:** Fill 25% of plate with lean turkey/protein first.
- ☐ **Post-Dinner Family Walk:** Lead a 15-min walk after feast.
- ☐ **Mindful Pause:** Wait 15 mins before considering seconds.

WEEK 2: Early DecSTRESS & NERVOUS SYSTEM

- ☐ **3-Min Box Breathing:** Inhale 4s, Hold 4s, Exhale 4s, Hold 4s.
- ☐ **Sleep Guardrail:** Set a strict 7-8 hr sleep target tonight.
- ☐ **Mindful Grazing:** Step 5 feet away from buffet table while chatting.
- ☐ **Daily Water Target:** Reach 64+ oz hydration baseline.

WEEK 3: Mid-DecPARTY & BUFFET STRATEGY

- ☐ **Pre-Party Snack:** Eat a small protein snack before arriving.
- ☐ **The Plate Method:** 50% Veggies, 25% Protein, 25% Holiday Treats.
- ☐ **3-Bite Rule:** Savor first 3 bites of favorite dessert slowly.
- ☐ **1-for-1 Water Rule:** Match every holiday drink with a water.

WEEK 4: Late DecMICRO-MOVEMENT FLOW

- ☐ **10-Min Morning Mobility:** Gentle bodyweight stretch upon waking.
- ☐ **Break Up Sitting:** Move for 2 mins for every hour of desk/couch time.
- ☐ **Active Family Fun:** Organize a neighborhood walk to view lights.
- ☐ **Fiber Booster:** Ensure non-starchy veggies at lunch & dinner.

WEEK 5: Christmas WeekPRESENCE & GRATITUDE

- ☐ **Guilt-Free Enjoyment:** Eat treats with zero shame or "penalties."
- ☐ **Screen-Free Meals:** Put phones away during family dinners.
- ☐ **20-Min Daily Sweat:** Any simple movement (walk, yoga, bodyweight).
- ☐ **Connection Focus:** Ask someone a deep, meaningful question today.

WEEK 6: New Year'sSEAMLESS JANUARY RESET

- ☐ **No Extreme Cleanses:** Return straight to standard healthy eating.
- ☐ **3-Day Routine Reset:** Focus on whole foods, water, and early sleep.
- ☐ **Reflect & Celebrate:** List 3 health wins from the holiday season.
- ☐ **Set Sustainable Goals:** Pick 1 realistic habit for January.

WEEKLY NON-NEGOTIABLE HABIT TRACKER (CHECK OFF DAILY)

Core Daily Anchor	MON	TUE	WED	THU	FRI	SAT	SUN
1. Hydration Baseline (64+ oz water)	☐	☐	☐	☐	☐	☐	☐
2. Daily Flow (10-15+ min movement)	☐	☐	☐	☐	☐	☐	☐
3. Protein Anchor (2+ meals with protein)	☐	☐	☐	☐	☐	☐	☐

Remember: You don't lose fitness in one meal, and you don't gain it in one workout. Consistency > Perfection!