
















Down and Dirty Notes for Optimal Wellness

I hope you enjoyed my book *HOT Mess to Wellness*. I have made this so it is easier to reference some of the important portions of the book specifically in Pillars 4 (Hydration), 5 (Eating Healthy), and 6 (Get Moving). I included the appropriate serving and portion sizes for all of the food groups, as well as a weekly log where you can cross out or color the image of food servings as you eat them, keep a log of movement you have completed, and keep track of your hydration. Good luck on the rest of your journey and do not hesitate to reach out if you need help or support!

Appropriate Serving Sizes


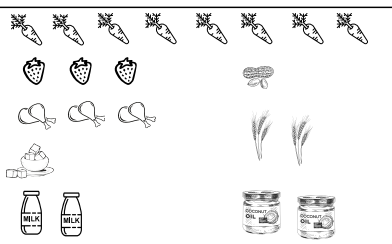
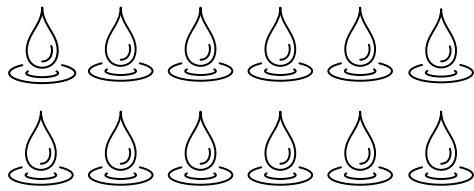

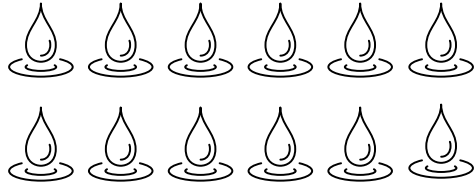

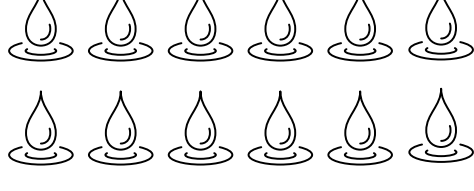

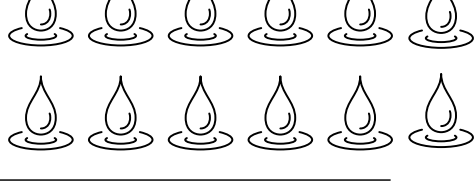
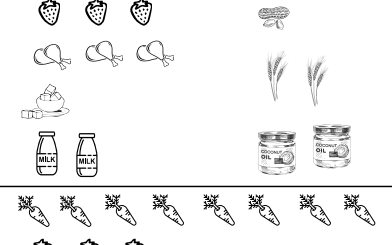
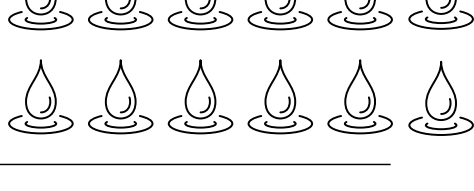

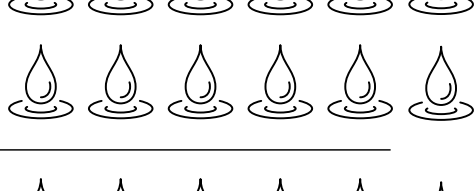

- Vegetables - 7-8 servings daily 
- Fruit - 2-3 servings daily 
- Meat - 2 servings daily (remember a serving is 3 ounces) 
- Grain - 2 servings daily 
- Dairy - 2 servings daily 
- Nuts and Legumes - only 1 serving daily 
- Fats and Oils - 2 servings daily 
- Sweets and Added Sugars - 2-3 servings a week (do not eat daily) 

Appropriate Portion Sizes

- Fruit - $\frac{1}{2}$ cup chopped raw, size of a tennis ball. $\frac{1}{4}$ cup. dried 
- Vegetables - $\frac{1}{2}$ cup cooked, size of a tennis ball or 1 cup raw, 2 tennis balls 
- Starches (rice, pasta, potatoes, bread) - $\frac{1}{2}$ cup, size of a tennis ball
1 piece of bread/tortilla, only $\frac{1}{2}$ of a bagel or burger bun 
- Meat (beef, chicken, fish) - 3 oz, size of your palm or a deck of cards 
- Other forms of protein (beans, nuts, peanut butter) - $\frac{1}{2}$ cup of beans, size of tennis ball
2 Tablespoons of nuts or peanut butter, size of a ping-pong ball 
- Fats (oils, dressings) - 1 Tablespoon, size of a half of a ping-pong ball. 
- Dairy - milk is 8 oz, cheese is 1 ounce, size of four dice. 

WELLNESS JOURNEY WEEKLY LOG

WEEK OF _____

	PILLAR 5 - EATING	PILLAR 6 - MOVEMENT	PILLAR 4 - HYDRATION  = 8 oz
Monday		<p><i>Movement Type:</i></p> <p><i>Length of time:</i></p> <p><i>Maximum heart rate:</i></p>	
Tuesday		<p><i>Movement Type:</i></p> <p><i>Length of time:</i></p> <p><i>Maximum heart rate:</i></p>	
Wednesday		<p><i>Movement Type:</i></p> <p><i>Length of time:</i></p> <p><i>Maximum heart rate:</i></p>	
Thursday		<p><i>Movement Type:</i></p> <p><i>Length of time:</i></p> <p><i>Maximum heart rate:</i></p>	
Friday		<p><i>Movement Type:</i></p> <p><i>Length of time:</i></p> <p><i>Maximum heart rate:</i></p>	
Saturday		<p><i>Movement Type:</i></p> <p><i>Length of time:</i></p> <p><i>Maximum heart rate:</i></p>	
Sunday		<p><i>Movement Type:</i></p> <p><i>Length of time:</i></p> <p><i>Maximum heart rate:</i></p>	