

5 Day Simplify Your Life Challenge



Fit + Healthy 365

Welcome To The 5 Day Simplify Your Life Challenge!

Over the next 5 day we will tackle 5 areas:

- house clutter
- fitness
- commitments
- relationships
- nutrition

You'll get simple, concrete action steps to take in order to simplify life in these areas. The worksheets that follow will guide you through the process. Each day's activities will take 30 minutes or less.

Here's an overview of the 5 days:

Day 1 is about house organization. You'll declutter TWO areas of your house in 30 minutes (15 minutes each).

Day 2 is about fitness. You'll do two short activities: 1) brainstorm ways you can be more active throughout your day 2) do a 15 minute at-home workout

Day 3 is about commitments. You'll evaluate your commitments and decide what needs to stay, shift, or go.

Day 4 is about relationships. You'll evaluate your relationships and decide who are the people you need closest to you and who do you need more space from.

Day 5 is about nutrition. One of the secrets to eating more healthily is to have healthy food easily available to you.

I know some of these activities will be challenging, but I encourage you to persevere because I know you'll feel better at the end of the week.

If you have any questions, contact me by emailing lydia@fithealthy365.com

Coach Lydia

DISCLAIMER: This challenge is not intended as medical advice and does not take the place of medical advice or treatment from your doctor. The author shall not be held liable or responsible for any misuse of this information or any loss, damage, injury caused or alleged to be caused directly or indirectly by any use of this information. This information is not intended to diagnose, treat, cure or prevent any disease or illness.

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{ 5 DAY SIMPLIFY YOUR LIFE CHALLENGE }

DAY 1 WORKSHEET: House Organization

Today you are going to declutter TWO areas of your house in 30 minutes (15 minutes each). The purpose of the short timeline is to keep you focused, on track, and force you to make quick decisions about what items to keep.

(Answer before you start): How do you feel right now? _____

Step 1: **Choose TWO areas** to work on today. These areas should be the ones that bug you the most and will make you the happiest to have decluttered and organized. Keep the time limit in mind. You likely can't declutter an entire room in 15 minutes.

Step 2: Set a timer for 15 minutes and follow the "rules" below.

- Get 2 garbage bags
- Pick up and touch every item and decide if: a) keep b) garbage (goes in a bag) c) donate (goes in a bag) d) belongs elsewhere
 - Make 2 piles for a) and d) to deal with at the end
- Be ruthless. I like to imagine I'm moving. "Would I keep this if I was moving?"
- Do not leave the space, stay in the space until you've touched everything
- Put all the keep items back in an organized fashion (I like to create "homes" for items). Write down if you need to buy organizational units, such as bins, dividers, etc.

- Repeat for second area

Step 3: Remove Items

- Throw out the bag of garbage
- Put the donation bag in your car or call an organization to pick it up (if possible)
NOTE: don't let this bag linger in your house. Get rid of it quickly.
- Put all the belong elsewhere things where they belong

(Answer after you finish): How do you feel right now? _____

OPTION:

In addition to the other Challenge Activities, spend 15 minutes each day on one other area in your house to declutter. If you do that you will have decluttered 7 areas in your house!! Wow! What a load off.

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DAY 2 WORKSHEET: Fitness

Today you'll do two activities: 1) brainstorm ways you can be more active throughout your day 2) do a 15 minute at-home workout so you can experience how effective a short workout can be in giving you energy and helping you feel better.

(Answer before you start): How do you feel right now? _____

Mindset Shift

Before you do the workout, let's bust some beliefs about fitness and shift your mindset:

- Fitness doesn't have to be hours at the gym
- Fitness can be short segments of movement, 5-10 minutes here and there, 15 minutes of intense workout
- Fitness doesn't have to be weight lifting, endless cardio, or even running; it could be walking, playing, cycling, dancing, taking stairs, bodyweight workout at home, and more!
- Something is better than nothing; keep it simple and something you enjoy

Creating a More Active Lifestyle

- Write down 2-3 activities to increase movement in your day
- Choose realistic activities and time frames, eg. walking, taking the stairs, 15 min workout

- 1) Activity: _____ When? _____ How long? _____
- 2) Activity: _____ When? _____ How long? _____
- 3) Activity: _____ When? _____ How long? _____

- Schedule the activities in your calendar — Do this RIGHT NOW (if it's not in your calendar it won't happen)

Lower Body Workout

Perform exercises with same number together for 30s each followed by a 15s rest. Complete 4 rounds of a mini circuit then do next one. You won't need any equipment for this workout.

1a) Wall sit

1b) Plank with shoulder tap

2a) Butt kicks

2b) Triple crunch + triple toe tap

3a) Hip raise

3b) Wide to narrow squats

Click to follow along with the [full-length workout video](#) (watch from your phone or computer).

(Answer after you finish): How do you feel right now? _____

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DAY 3 WORKSHEET: Commitments

(Answer before you start): How do you feel right now? _____

We live in a time when most people have jam-packed full schedules and no breathing room. They feel busy but aren't necessarily spending time on what makes them happy.

Today you're going to evaluate your commitments and decide what needs to stay, shift, or go.

Evaluation:

- On a separate piece of paper write down **every single commitment** you have: work, volunteer, etc. (Literally everything)
- Cross out the items that you **have** to do, these are the non-negotiable things like your job
- Look at what's left on your list and ask yourself the following questions

Questions:

- What is no longer serving me? What's feeling like a drain rather than a boost?

- What can I step away from or be less involved in? (Remember, the organization will find someone else to replace you; set the guilty feelings aside)

- What can I add that will bring me joy? Think FUN activities/outings

Taking Action:

- Determine how you will step away from certain commitments (ie. right away, slowly over a few months) and who you need to contact

I'm stepping away/reducing these commitments _____

and need to contact _____ about it

- Create open times on calendar; don't replace ALL the open times with something else
- Use this opportunity to build in self-care time

(Answer after you finish): How do you feel right now? _____

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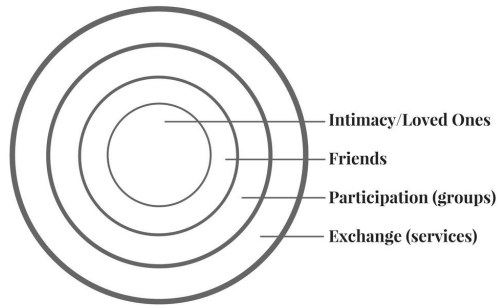
DAY 4 WORKSHEET: Relationships

(Answer before you start): How do you feel right now? _____

Whether you realize it or not, you are greatly affected by the people closest to you. Today you'll evaluate your relationships and decide who are the people you need closest to you and who do you need more space from.

There are 4 Circles of Relationship

CIRCLES OF RELATIONSHIPS



Think about people who currently fit into each category. Do you need move them into a different category? (either closer or further away)

Questions:

Who encourages, supports, and lifts me up? (Hint: spend more time with these people)

Who is consistently negative and brings me down? (Hint: spend less time with these people)

Who do I follow online who are too negative or leave me feeling bad about myself?

Taking Action:

- Contact the people you want to spend more time with and set a date to meet up
- Choose your strategy for distancing yourself from others; slowly, an official "break up"
- Unfollow those on social media whom you listed above

(Answer after you finish): How do you feel right now? _____

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DAY 5 WORKSHEET: Nutrition

(Answer before you start): How do you feel right now? _____

One of the secrets to eating more healthily is to have healthy food *easily* available to you. In keeping with my philosophy of focusing on 80/20, eating well most of the time, not stressing about the other part, today we are going to focus on eating healthier snacks and more veggies.

Healthy Snack Ideas

Which of these snack ideas can you add to your daily food intake? (Select your top 3)

- Small apple w/ 1 tbsp of any nut butter
- Fruit with low fat plain Greek yogurt or cottage cheese
- Raw veggies with 1-2 Tbsp of hummus
- 2 boiled eggs and 1 rice cake
- Protein smoothie – frozen berries + small scoop of yogurt + water + protein powder
- Small can of tuna with whole wheat crackers or celery
- Piece of fruit and 8-10 almonds/other nuts

Adding More Veggies

AIM FOR

TWO 1/2 CUP
SERVINGS
EACH OF:

GREEN

Green or black tea, spinach, kale, salad greens, broccoli, collards, green peas, chard, parsley, watercress, green beans, Brussels sprouts, arugula, sugar snap peas, Chinese cabbage, legumes, etc.

RED

Tomato, watermelon, grapefruit, pomegranates, raspberries, walnuts*, persimmons, red cabbage, chili powder*, cherries, papaya, cranberries, etc.

WHITE

Garlic*, onions, apples, black tea, green tea, coconut*, parsnips, rutabaga, etc.

YELLOW

Cantaloupe, carrots, sweet potatoes, squash, citrus fruits, pumpkin, corn, peaches, turmeric*, ginger*, mango, corn, pineapple, etc.

PURPLE

Grapes, blueberries, cranberries, strawberries, blackberries, purple sweet potatoes, cocoa*, peanuts*, wine, beets, eggplant, prunes*, purple potatoes, etc.

Select two veggies from each color that you'll add to your food intake each day

Red _____ Green _____
White _____ Yellow _____
Purple _____

Taking Action:

- Add the ingredients/food items you listed above to your grocery list
- Prep the snack items on Sunday for the whole week so they are ready to grab-and-go

BONUS: Pantry Re-organization – Follow the steps from Day 1 to declutter and use this [Pantry Basics Checklist](#) to make sure you have the basic cooking items stocked.

(Answer after you finish): How do you feel right now? _____