



TAKE HOME ACTION PLAN

Nutrition

- Continue tracking and choosing healthy food options
- Be mindful of your cravings and triggers and stick with a plan for addressing them

Physical Activity

- Continue with your new physical activity routine for a minimum of 150 minutes of activity each week spread across 4-6 days (cardio, strength training, flexibility)
- Keep your workouts fresh by trying new types of exercise

Mindset

- What have you learned by attending ShipShape that will help you stay on the path to a healthy weight?

Sleep

- Continue to stick with a regular sleep routine to ensure you get the recommended 7-9 hours per night