

# 7 Day Healthy Habits Calendar



@YOGABYNOEL

WWW.YOGABYNOEL.COM

“The only constant  
in life is change”

Heracitus

# WELCOME TO YOUR NEW HEALTH & WELLBEING COMMUNITY!

I am thrilled to have you join us on this journey towards better health and wellbeing.

As a special gift, I'm excited to provide you with my FREE 7 Day Healthy Habits Calendar, designed to enrich your life with simple yet powerful practices.

Each day, you'll discover new ways to nurture your physical, mental, and emotional health & wellbeing, empowering you to embrace a more balanced and fulfilling lifestyle.

Whether you're looking to boost your energy, improve your mood, or simply enjoy a healthier routine, this calendar offers valuable insights and actionable tips to support your goals.

I'm here to support you every step of the way and look forward to witnessing the positive changes this journey will bring to your life.

Here's to a healthier, happier you!

**Noel**



# HEALTHY HABITS

Creating a 7-day healthy habits calendar for yourself is a great way to jump-start your wellness journey! Here's a plan I've created, to help you build healthier habits one day at a time.

Change doesn't happen overnight and is gradual. So try not to rush ahead and implement a lot of changes in one day, start with one change at a time and build upon them each day. Remember slow and steady wins the race.

I've given you an area to set yourself a daily affirmation (and included some examples), note your mood and given you time to reflect each day.

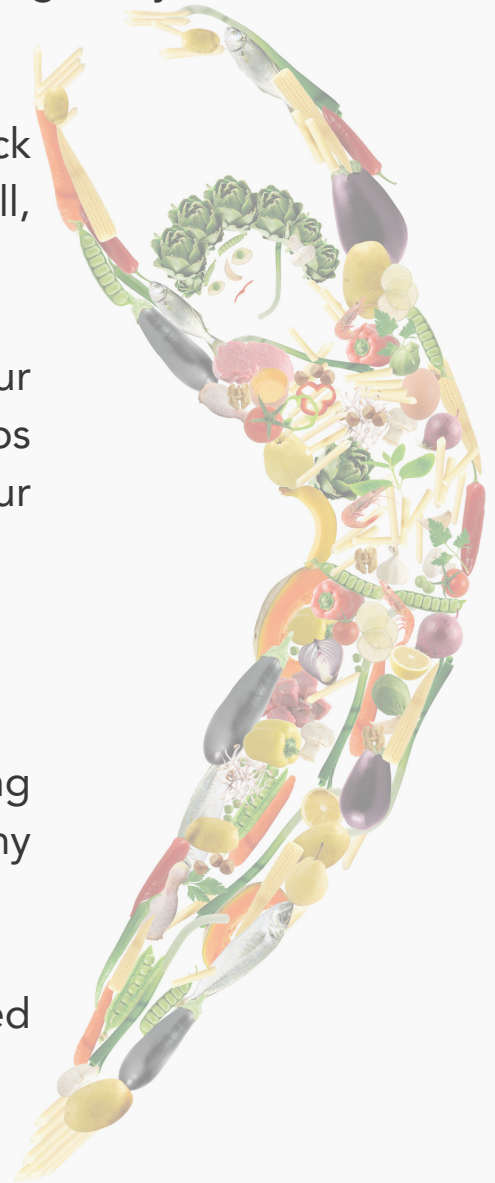
At the end of the 7 days, it's worth going back over these to note any patterns - what went well, what didn't.

Feel free to adapt my suggestions to fit your lifestyle and needs. The goal is to take small steps that can create lasting, positive changes in your routine.

Right, let's begin with your current routine.

**On the next page**, focus on a general day, noting down what your current daily habits (healthy and/or unhealthy ones) are.

We'll come back to these once you've completed Day 7 of the Healthy Habits Calendar.



# CURRENT DAILY HABITS

1

---

2

---

3

---

4

---

5

---

6

---

7

---

8

---

9

---

10

---



# day 1

## HYDRATION KICKOFF



"Our bodies are made mainly of water, so hydrating it just seems the right thing to do."

Date     /     /    

### GOAL

Drink more water throughout the day. Aim for at least 8 glasses.

### ACTIONS

- Start your day with a glass of water.
- Carry a water bottle to keep track
- Set reminders to sip throughout the day.

### TIPS

Add lemon, cucumber, or mint for extra flavour if you don't like plain water.

**DAILY AFFIRMATION**  
EG THIS DAY WILL BE A SUCCESS FOR ME

Mood:



### MY DAILY REFLECTION

Did I achieve my goal?  
No dramas! What can I do differently tomorrow to help me towards reaching my goal?

---

---

---

# day 2

## MORNING STRETCH & MOVEMENT



“Stretching keeps the muscles flexible and healthy, and we need that flexibility to maintain a range of motion in the joints.”

Date     /     /    

### GOAL

Incorporate a 5–10 minute stretch or light movement routine in the morning.

### ACTIONS

Try some simple stretches: neck rolls, shoulder stretches, hamstring stretches, and ankle circles.

### TIPS

If you feel good, add 5 minutes of walking or light cardio after stretching.



### Mood:



IF YOU DON’ T LIKE MY SUGGESTIONS, DO SOMETHING THAT GETS YOU MOVING  
EG DANCING, CLEANING, PLUFFING THE SOFA CUSHIONS.  
YOU COULD CONSIDER USING THE STAIRS TODAY INSTEAD OF THE LIFTS.

### MY DAILY REFLECTION

Did I achieve my goal?  
No dramas! What can I do  
differently tomorrow to help me  
towards reaching my goal/s?

---

---

---

# Day 3

## MINDFUL EATING



“So you can pause and make a conscious decision about whether you're truly hungry, or looking for comfort or, distraction through food.”

Date      /      /     

### GOAL

Practice mindful eating for one meal today (without distractions like phones or TV).

### ACTIONS

- Sit down, savour every bite, and pay attention to how your food makes you feel. Notice the flavours and textures, what do you notice?
- Focus on portion sizes.

### TIPS

Chew slowly and try to stop eating when you feel about 80% full (this can help with digestion and preventing overeating).

### DAILY AFFIRMATION

EG I AM FEELING BETTER AND HAPPY

### Mood:



### MY DAILY REFLECTION

Did I achieve my goal?

No dramas! What can I do differently tomorrow to help me towards reaching my goal/s?

---

---

---



# day 4

## GET MOVING



“Getting enough physical activity can immediately reduce feelings of anxiety and help you sleep better.”

Date     /     /    

### GOAL

Aim for 20–30 minutes of moderate physical activity.

### ACTIONS

Go for a walk, bike ride, dance, or any activity you enjoy.

### TIPS

If you're new to exercise, start with a 5 minute walk and gradually increase over the week.



Mood:



### MY DAILY REFLECTION

Did I achieve my goal?

No dramas! What can I do differently tomorrow to help me towards reaching my goal/s?

---

---

---

# day 5

## SLEEPING



“Sleep is truly interdisciplinary because it touches every aspect of our health.”

Date     /     /    

### GOAL

Prioritise a solid 7-9 hours of sleep tonight

### ACTIONS

- Start winding down an hour before bed by reducing screen time.
- Dim the lights.
- Practice a calming activity (like reading or deep breathing).

### TIPS

Make your sleep environment more conducive by keeping your room dark and cool.

### DAILY AFFIRMATION



### Mood:



### MY DAILY REFLECTION

Did I achieve my goal?  
No dramas! What can I do differently tomorrow to help me towards reaching my goal?

---

---

---

# day 6

## INCORPORATE A GREEN MEAL



“Green veggies are packed with vitamins, minerals and antioxidants, which help fight disease.”

Date      /      /     

### GOAL

Eat a meal that's rich in green vegetables.

### ACTIONS

Try a salad, stir-fry, or smoothie with leafy greens like spinach, kale, or broccoli.

### TIPS

Experiment with new recipes to keep it fun and varied! Try adding a load of greens to any meal ie your favourite dinner.

### DAILY AFFIRMATION



### Mood:



### MY DAILY REFLECTION

Did I achieve my goal?

No dramas! What can I do differently tomorrow to help me towards reaching my goal/s?

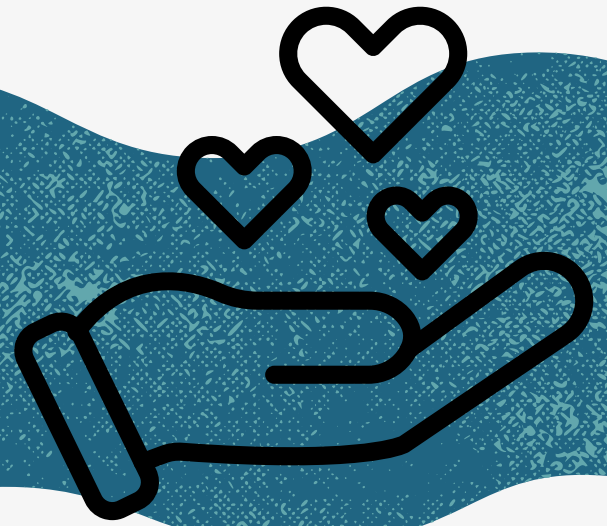
---

---

---

# day 7

## GRATITUDE PRACTICE



“Gratitude is the key to a happy life and should be continuous, practiced daily.”

Date      /      /     

### GOAL

Take a few minutes to reflect on what you're grateful for.

### ACTIONS

Write down 3 things you're grateful for today. This can help improve your mental well-being and reduce stress.

### TIPS

Share your gratitude with someone close to you or practice expressing it aloud to yourself. Get a notebook or journal.



### Mood:



PICK ONE OF THE 3 POINTS YOU HAVE WRITTEN DOWN THAT YOU ARE MOST GRATEFUL FOR AND SAY THANKYOU THREE TIMES TO WHOEVER OR WHATEVER YOU BELIEVE IN OR WHAT MAY RESONATE WITH YOU:

EG: “THANKYOU GOD” “THANKYOU UNIVERSE”  
“THANKYOU NATURE” “THANKYOU ME” “THANKYOU LIFE”

### MY DAILY REFLECTION

Did I achieve my goal?  
No dramas! What can I do differently tomorrow to help me towards reaching my goal/s?

---

---

---

# Congratulations!

## YOU DID IT!

You've now reached the end of your new Healthy Habits Calendar.

How do you feel doing one or some of these habits?

Did reflecting on your mood and setting yourself a daily affirmation work for you?

Not one formula works for us all, so adapt techniques to suit you!

Embracing even a single healthy habit can set the foundation for a transformative journey. Start small, and as you grow more comfortable, incrementally add new habits to your routine.

Before you started the healthy habits routine, you wrote down your daily habits.

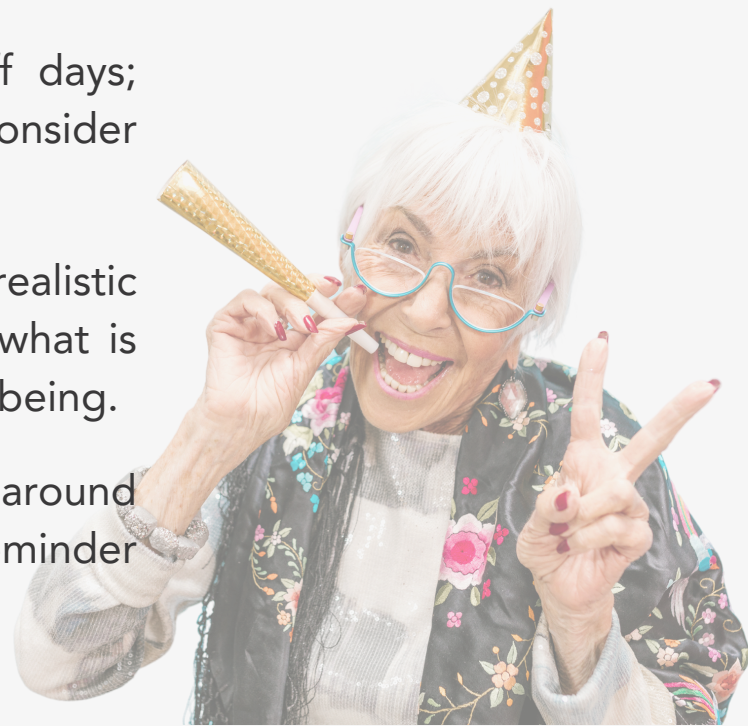
Reflect on your progress compared to when you first began, and decide which habits are worth retaining and which need refining.

**On the next page**, focus on your renewed daily habits.

Remember, it's natural to have off days; treat yourself with kindness and consider each day a fresh start.

Make sure your renewed habits are realistic and tailored to you and reflect on what is going to enhance your everyday wellbeing.

Top tip: Ensure you display these around your home, so you have a visual reminder to keep you on track!



# RENEWED DAILY HABITS

1

---

2

---

3

---

4

---

5

---

6

---

7

---

8

---

9

---

10

---



# FURTHER SUPPORT

You've taken a big step in getting yourself back on track. However we all know life throws us curve balls, which can hinder us from moving forward.

If you encounter challenges or feel the need for additional support, consider exploring my further courses in wellbeing or engage in a free session of one-on-one wellness coaching. To book your session please email me with your availability: [nbeckhill@gmail.com](mailto:nbeckhill@gmail.com)

Your journey is unique, and I'm here to support you every step of the way.

Feel free to share your progress, reach out for guidance, or just say "hi" - I'm eager to hear about your positive changes and will continue to support your path to a healthier, happier life.



I wish you the brightest future.

All the best, Noel.

Wellness Coach & Yoga Practitioner





@YOGABYNOEL