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| November Strategy PlannerMonthly Theme: Cultivating ConfidenceYour Goal for November:How many exercise sessions do you want to achieve? Write in your achievements below. |  |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | **1** | **2** | **3** | **4** | **5** |
|  |  | Weigh in set monthly goal |  |  |  |  |
| **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Menopause zoom session 6.30pm | Menopause Challenge Starts/weigh in |  |  |  |  |  |
| **13** | **14** | **15** | **16** | **17** | **18** | **19** |
|  |  |  |  |  |  |  |
| 20 | **21** | **22** | **23** | **24** | **25** | **26** |
| Menopause challenge last day | Weigh in |  |  |  |  |  |
| **27** | **28** | **29** | **30** | **31** |  |  |
|  |  |  |  | Deadline to achieve monthly goal |  |  |

As we close in on the summer season, we must navigate more social occasions. The trick is focus on a healthy balance by including more water between alcoholic drinks, utilizing alternatives for platters (such as grapes, apricots, vegetable sticks, rice crackers and guacamole, and removing fatty chips, cheese and dips).

Experiment with your salads at BBQ’s, and offset excess meat consumption by eating more vegetarian meals on the days following the BBQ.

These simple shifts will help you to manage your weight and health symptoms more effectively as you move forward. Remember, you don’t have to get all of your results at once. Chip away between now and Christmas.