

7 Days to Wellness Success

Bee Well Health,
Nutrition, and Wellness



BODY
MIND
SPIRIT



Bee Well
nutrition • health • wellness

beewell.com



Welcome!

Welcome to my 7 days to wellness journey! I'm Sami Bee, or Coach Bee, and I'm a certified health and wellness coach. I'm SO happy to have you join me for this short but challenging 7 day journey of creating healthy habits. I've given you 7 days of information, tips, and tracking, to develop the habits you need to feel and live your best life possible. I hope you enjoy the journey!! Let's DO this!

Find out more about working with me on YOUR goals at [BeeWell.com](https://www.BeeWell.com)

OR, join us on the free Facebook group [BeeWell Healthy Hive](#) for daily tips, articles, inspiration, journal prompts, and personal weekly health challenges to keep your journey going!

Your Week to Wellness

This guide will lead you through 7 days of wellness. Of course, it takes more than 7 days to achieve wellness! The purpose of this program is to give you a new healthy habit to focus on each day as you become more inspired to improve your overall wellness!

Each day, we will focus on a new habit-blocked out in white on your daily tracker page. You may want to print out the 7 daily tracking pages to make things easier. Each day is also accompanied with some tips and inspiration to keep you learning and focused! Here's to great health!!!



Date _____

Wellness Plan Day 1

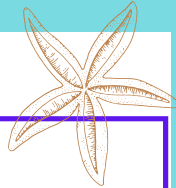
MINDFULNESS & JOY

Journal Prompt: Think about a perfect day of complete health: mind, body, spirit, creatively, etc. What would that day look like?

MOVEMENT

RATE/IMPROVE MY SLEEP

MEALS



BREAKFAST:

LUNCH:

DINNER:

SNACKS

WATER



STRESS RELIEF

NATURE & LOVE

Nutrition



VEGETABLES

Aim for 2-3 cups each day, and focus on brightly colored veggies and leafy greens to get vitamins and fiber into your diet. Not a veggie eater? Try adding "hidden" veggies into a smoothie, or add pureed veggies to sauces.



FRUITS

Fruits make delicious snacks while adding super nutrients and fiber to our diets. Keep fruit available for a quick energy burst between meals, and add them to your cereals, smoothies and yogurts for a healthy, sweet, treat.



GRAINS

Try to get 6 servings of grains into your diet each day-but be sure that half of those are **WHOLE GRAINS** like brown rice, whole grain breads, crackers, pastas, and cereals, Mix up your meals with some quinoa or steel cut oats!



PROTEINS

The average adult should aim for eating about half their weight in grams of protein. (130 lbs=65 grams of protein) Look for lean cuts of chicken, beef, and don't forget fresh fish and other seafood! Protein can also be found in many whole grains and veggies!



DAIRY

Calcium is an important mineral for healthy bones as we grow, and then begin the aging process. Aim for 2-3 servings each day, and choose lower fat options. Great choices are yogurts and cheeses.

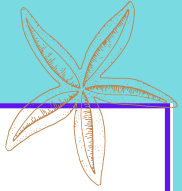


HEALTHY FATS

Healthy fats are important for every body! Don't fear fats!! Add some olive oil to your dressings and recipes, snack on nuts and seeds. Healthy fats should make up about 25-30% of your daily nutrient intake, and help keep your heart, skin, and joints healthy!

Date _____

Wellness Plan Day 2



MINDFULNESS & JOY

Journal Prompt: Starting today, I will replace _____ with _____. I will do this by _____. How will that impact your life?

MOVEMENT

RATE/IMPROVE MY SLEEP

MEALS

BREAKFAST:

LUNCH:

DINNER:

SNACKS

WATER



STRESS RELIEF

NATURE & LOVE

Movement



CARDIO

Get your heart pumping! Aim for 20-30 minutes, 3-4 times a week. Walking, dancing, biking, and jogging are all great beginner cardio exercises with amazing benefits!

STRENGTH

Body weight exercises are a fabulous way to keep your body strong with little to no need for equipment. Pushups and squats are great examples! Add resistance bands or small weights to mix up your training. Aim for 3-4 times a week.



FLEXIBILITY/STRETCHING

Simple, safe stretches and yoga are a fantastic way to use low impact exercise to strengthen muscle, tone the body, increase flexibility, and detoxify the body's organs. Find a short time for this each day to feel wonderful!



Date _____

Wellness Plan Day 3

MINDFULNESS & JOY

Journal Prompt: Think about a perhaps silly thing about yourself, then explore it...how does that silly thing reflect something deep within your personality?

MEALS

BREAKFAST:

LUNCH:

DINNER:

SNACKS

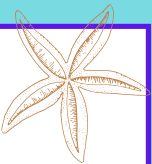
MOVEMENT

RATE/IMPROVE MY SLEEP

WATER



STRESS RELIEF



NATURE & LOVE

Release Stress



MEDITATION

Reduce stress, control anxiety, lengthen your attention span!

There are so many benefits to meditation!

A quick meditation: sit comfortably, close your eyes and inhale and exhale deeply. With each breath in, imagine a giant ball of light rising into the air; with each exhale, imagine it lowering again. Continue this until you feel calm and balanced.



BREATHING EXERCISES

Another excellent and easy stress buster is deep breathing.

Breathing exercises can relieve pain and anxiety, lower blood pressure, improve immunity, and increase your energy levels.

Try this: Breathe deeply in through your nose to 4 counts, hold for a count of 7, relax your shoulders, and exhale from the mouth for a count of 8. Repeat for maximum benefits.



HOBBIES

Hobbies are an excellent way to beat stress and relax your mind and body! Reading, sewing, knitting, gardening, art projects, and cooking are all fun and productive ways to relax, unwind, and beat stress while learning and having fun. Try to make time daily for the hobbies that you enjoy the most!

Date _____

Wellness Plan Day 4

MINDFULNESS & JOY

Journal Prompt: Let's talk about sleep! What are things you can do to improve your night's sleep? What does your perfect sleep routine look like, and what steps can you take to achieve that?

MEALS

BREAKFAST:

LUNCH:

DINNER:

SNACKS

MOVEMENT

RATE/IMPROVE MY SLEEP



WATER



STRESS RELIEF

NATURE & LOVE

Sleep

01 REDUCE SCREEN TIME

Avoid the use of screens-tv, cellphones, tablets, for 30 minutes before bedtime. Blue light has been shown to block melatonin, the hormone that makes you sleepy.

02 ESTABLISH A ROUTINE

Create good sleep habits with a pre-bedtime routine. Take a warm bath or shower, listen to music, do breathing exercises or practice meditations. If you find that your mind is busy at bedtime, try journaling or jotting down your thoughts to "empty" the mind.

03 CREATE A SLEEPY SPACE

Be sure that your bedroom is a place for sleep and comfort. Use white noise to decrease outside distractions. Invest in room darkening curtains to block out light. Lower the temperature to a cooler degree, and invest in some good bedding and pillows.

04 GET SOME SUNSHINE

Be sure to spend some time in the sunshine each day to maximize the benefits of your internal clock.

05 AVOID HEAVY MEALS

Eat large meals like dinner at least 3 hours before bedtime. Heavy meals and spicy foods can keep the body awake for hours. If you are hungry before bedtime, focus on a small snack like yogurt or fruit.



Date _____

Wellness Plan Day 5



MINDFULNESS & JOY

Journal Prompt: Today I will show kindness to myself by _____.

MEALS

BREAKFAST:

LUNCH:

DINNER:

SNACKS

MOVEMENT

RATE/IMPROVE MY SLEEP

WATER



STRESS RELIEF

NATURE & LOVE



Mindfulness & Joy

Finding daily joy and experiencing mindfulness can truly change your life! Show yourself, and your life, a bit of self love each day by paying attention to the beauty and love that surrounds each and every one of us. Take a few moments each morning to note the things you are grateful for. End each day being mindful of the blessings that the day showed you, no matter how small. Start a journal of positive affirmations and refer to it during difficult times.

Be mindful during your hobbies, exercise, and meals. Enjoy each bite, each breath, each personal meeting you share with friends and family!

Each day of this journey, I have provided you with a journal prompt. Do these as you go along, and add your own as you continue on your journey to wellness!

Date _____

Wellness Plan Day 6

MINDFULNESS & JOY

Journal Prompt; I'm at my best self when I'm surrounded by _____.

MOVEMENT

RATE/IMPROVE MY SLEEP

MEALS

BREAKFAST:

LUNCH:

DINNER:

SNACKS

WATER



STRESS RELIEF

NATURE & LOVE





Sun, Nature & Community

Humans thrive in nature, the sun offers us vitamin D and hope for a new day, and our community or "tribe" supports us, makes us feel needed and loved, and offers us laughter and joy.

Spending time enjoying nature, whether it be the beach, the mountains, a hike in the woods, or just sitting in your back yard, has so many benefits to our overall health and well being. This time spent helps reduce stress, and the risks of type 2 diabetes, cardiovascular disease, and hypertension. Sunlight boosts our serotonin-the hormones that make us happy-and being in nature calms our nervous system

Choose your "tribe" wisely. Surround yourself with positive people who share the same healthy goals as you.

Try to find time each day to enjoy nature and the people you love most, and watch your attitude lift!

Date _____

Wellness Plan Day 7

MINDFULNESS & JOY

Journal Prompt: The last time I felt joy in it's least complicated form was _____.

MOVEMENT

RATE/IMPROVE MY SLEEP

MEALS

BREAKFAST:

LUNCH:

DINNER:

SNACKS

WATER



STRESS RELIEF

NATURE & LOVE

Water



1 Try your best to get 64oz of water in each day. Keep a water bottle full and ready with cold fresh water. Start and end each day with a glass of water.

2 Try infusions of fruit or veggies in your water for a fresh twist. Berries, lemon, lime, cucumbers , basil, celery and ginger are all wonderful light flavorings for infusions.

3 Have a water break after each bathroom break to keep your body hydrated. Start each meal with a small glass of water to curb overeating, and to aid in the digestion process.

4 If your are still having a hard time getting the proper amount of water in, try a water app, or a high tech water bottle that lights up when it's time to drink. You can also set alarms on your phone to remind you to drink!

Ready to take the next step?

Congratulations on completing this 7 day program! I hope that you have gained some new habits and skills that will help you lead a happier, healthier, more fulfilled life!

Your journey is just beginning, and I hope that I can be of further assistance to you as you travel this new path! My job as a health coach is to educate, inspire, motivate, guide, and cheer you as you reach optimum wellness!! I've included some additional trackers and printouts to make your journey easier.

Please feel free to reach out to me to continue with this awesome path of self love, self care, and purposeful healthy living. I encourage your questions and I would love to work with you on a one on one personal level! www.BeeWell.com
Join us on the free Facebook group [BeeWell Healthy Hive](#) for daily tips, articles, inspiration, journal prompts, and personal weekly health challenges to keep your journey going!

You can also follow me on Instagram
www.instagram.com/beewellcoach

I welcome your emails sami@beewell.com
www.beewell.com

Thank you so much for taking this journey with me!!
Be Blessed!

facebook

 Instagram

HEALTHY



Food Journal

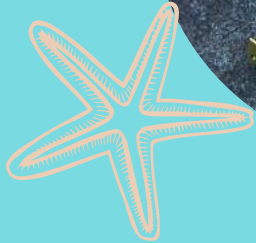
DATE

TIME

FOOD/DRINK

HOW MUCH

NOTES/ CIRCUMSTANCE



Habit Tracker

EXERCISE TRACKER

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MEDITATION, MINDFULNESS, JOURNALING TRACKER

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STRESS RELIEF TRACKER

S M T W T F S

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SUN, NATURE, COMMUNITY TRACKER

S M T W T F S

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You did it!

Let's continue
the journey
together!!!



Let's stay in touch

I'm looking forward to hearing from
you!

Sami Bee

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