

2017 Holiday Group Challenge Agenda

Content is delivered in a step-by-step course format within Nutribabe Nation + weekly live support videos + conversation in the Members Lounge Facebook group. All videos will be added to the membership site so if you are not a Facebook user, you won't miss a thing. :) Can't wait to be a closer part of this journey with you!

Preparing for this challenge...

- Give yourself permission to succeed; give yourself grace + love during obstacles
- Accept challenges and growth... even if it might be uncomfortable at first
- Once you sign up and are a Nutribabe Nation Member, consider revisiting the [Roadmap](#), [Nutribabe Anchor](#), [Fridge Checklist](#), [Cheat Sheet](#), **and/or** the [General Shopping List](#).
- Get a notebook to devote to this challenge. *Optional: Note how you're currently feeling, current weight, current inches, and what your hopes are for the challenge!*
- Other than that, see you on Day 1 [November 19th] where we'll really dive in...

Week 1: The Basics + Thanksgiving Prep

- Overview of the basics and the CORE for the whole food, plant-based lifestyle. *Whether it be brand new, a refresher, or mastering the fundamentals.*
- "Whole Holiday" video masterclass + game planning for Thanksgiving
- AH-mazing recipes for Thanksgiving and Mrs. Love Chard's holiday favorites
- Food prep how-tos + kitchen tips
- Handling social events + comments from others about what you're eating

Week 2: Goal Setting + Creating Habits

- Getting below surface level goals
- Setting "realistic" goals that ALSO light you up!
- The difference between input goals vs. outcome goals, push goals vs. pull goals, and short term goals vs. long term goals
- Monthly Nutrition and Lifestyle Tracker -- training and printout!

Week 3: The Nutrition WHYS

- The ins and outs of optimal health presented in a totally relatable and non-sciency way
- How whole plant foods impact our life... not just our body or weight on the scale
- Real-life health experiences
- Optimal health facts and tips

Week 4: Checkpoint + Mindset

- Checking in on goals, weight loss, inches lost, nutrition, etc. and fine tuning or adjusting as needed
- Opening up to new perspectives
- Discovering more of who you really are and what you love
- Personal affirmations for your day
- LIVE Q&A in the Members lounge

Week 5: Christmas Prep + Game Planning

- “Whole Holiday” video masterclass + game planning for Christmas and all other December holidays
- More AH-mazing recipes for December holidays
- More of Mrs. Love Chard’s holiday favorites
- Prepping your holiday meals for success

Week 6: Carrying Success into the New Year

- Crushing the remainder of your goals
- Creating lifestyle sustainability
- LIVE Q&A in the Members lounge
- Looking back on the challenge + how far you’ve come in just 6 short weeks!
- Your next step for continued success...