



## CHANGE YOUR LIFE IN 4 WEEKS

Here it is—the entire plan boiled down to a single page. Tear this out and stick it to your fridge or carry it with you to keep you on track. Sign up for free daily tips, strategies, and bonus recipes at [wholeliving.com/action-plan](http://wholeliving.com/action-plan)

WEEK

# 1

### PARE DOWN AND PURIFY

**This week is all about simplifying—your diet and your lifestyle. Clear the decks and make way for a whole new you.**

**> FOOD** Cut out processed foods and common allergens, including wheat, dairy, caffeine, and alcohol. Eat five to six small, veggie-based meals a day, quietly and mindfully.

**> FITNESS** Start walking daily; alternate the yoga release and back strengthener series.

**> LIFE** Start a week-long media fast, clear clutter, swap out toxic cleaners for green ones; scale back your schedule; hit the hay 10 minutes earlier each night.

WEEK

# 2

### LAY A WHOLESOME FOUNDATION

**You're feeling lighter already—keep things clean by continuing your detox and finding ways to rejuvenate.**

**> FOOD** If you want, start gradually adding certain foods back in, taking note of how they make you feel. Don't skip meals.

**> FITNESS** Lengthen your walks and start doing some interval jogging. Do the arm toners and core series.

**> LIFE** Trade toxic thoughts for healthy mental habits: Take time to decompress, make amends with a friend, swap frustration for gratitude.

WEEK

# 3

### GAIN MOMENTUM

**Start to turn healthy choices into habits as you ramp up fitness and boost your mood.**

**> FOOD** To start establishing healthy habits for a lifetime, focus on nutritious swaps (brown rice instead of white, whole-grain pasta instead of semolina). Use fresh herbs and spices to boost flavor without adding excess salt.

**> FITNESS** Start upper-body, lower-body, core, and cardio workouts; go from walking and jogging to running.

**> LIFE** Reorder your to-do list to maximize your efforts (and energy); spend time with people who energize you; make a habit of giving every day.

WEEK

# 4

### KICK-START A NEW YOU—FOR GOOD

**You've raised the bar on health in your daily life. The goal now is to keep it there.**

**> FOOD** Fine-tune the eating strategies. Take a "flexitarian" approach to food, with eight or more servings of fruits and veggies a day, healthy proteins, and the occasional organic, hormone-free dairy or meat.

**> FITNESS** Push yourself to full capacity and beyond with an even more challenging full-body workout, plus a more intense walk/run routine.

**> LIFE** Look beyond this week to what you want to achieve this year. Identify a personal or professional goal, gather support, and go for it.