

RACHAEL'S GOOD EATS

# MINDFULNESS AND ACCOUNTABILITY CHALLENGE



# HEY HEY!

Happy Holidays :)

It's officially that time of the year, and I couldn't be happier! I love the holiday season and look forward to hosting dinner parties, shopping for gifts and spending time with my family and friends.

One thing we can all relate to is being short on time and out of routine during the holidays. Many of us are traveling or hosting and, in general, socializing more than usual. All of the celebrating can make it difficult to stick to a routine, and that's totally ok. But, too often neglecting routine makes it easy to ditch healthy habits altogether. So this year, I thought it would be great to hold each other accountable in taking care of ourselves. Over the years, I've learned that it really comes down to the little things like getting outside, staying hydrated, shorter workouts over no workouts, and taking a few moments of gratitude each day.

So let's take care of ourselves this holiday season by committing to a few daily wellness tasks to keep us feeling our best. And don't worry, the tasks are super manageable (and easy to make it a family affair)!

Starting the week of Thanksgiving through the end of the year, I encourage you to utilize this challenge and accomplish the following daily tasks:

- write down 3 things you're grateful for
- spend 10 minutes outside every single day
- set a hydration goal for yourself (I'd suggest at least 70 oz)
- 100 minutes of exercise each week (that could be 20 minute workouts 5x per week, 30-35 minute workouts 3x per week, or 2 longer workouts per week!)

I hope this challenge is a reminder that daily habits are just as critical to your wellness as intense workouts and [7-Day Added Sugar Detox](#) challenges :)

We owe it to ourselves to make time for self care. I'm always a better partner, sister, daughter, and friend when I make the time to care of myself, and this holiday season I want to not only be the best version of myself for me, but for everyone I love.

# RESOURCES

# WORKOUTS

The holy grail of quick and effective workouts that I'll be using to sneak in some quick workouts is [Recreation Sweat's Banded Body Guide](#). The workouts range from 6-30 minutes long and you can pick your workouts based on intensity and muscle-group focus. Check it out [here](#).

My go-to indoor cardio is [Recreation Sweat's 30-Day Jump Rope Challenge](#). It's a progressive and education-forward challenge if you're interested in learning a new skill, and offers a wide range of workout times (from just a few minutes to 30 minutes) if you're looking for efficient cardio-focused workouts at home.

Below is a list of some of my popular (and personal favorite) workouts that you can choose from on days when you have a little more time. Most of them are on-demand, so you can workout with me in real-time for extra motivation:

[Cardio & Core](#)

[Glutes, Abs & Cardio](#)

[Peachy Toned](#)

[Back & Bi's](#)

[Full Body](#)

[Banded Booty](#)

[Lower Body Burn](#)

[Cardio & Core](#)

[Full Body](#)

[Upper Body](#)

[Booty & Core](#)

[Fully Body](#)

[Banded Glutes](#)

[Slider Core & Booty](#)

[Cardio & Core](#)

[Full Body](#)

[Banded Body](#)

[600-Rep Challenge](#)

# LOW-SUGAR SNACKS

- **Fruit & roasted nuts**

- Low-sugar fruits: berries, kiwis, peaches, melons, nectarines
- For nuts, it's important to make sure the only ingredients are nuts and salt. Most packaged nuts are roasted in inflammatory vegetable oils like canola oil, sunflower oil, etc.. Another option is to make your own (I have two recipes for this in my [7-Day Added Sugar Detox](#)).

- **Veggies & hummus**

- Carrots, cucumbers, jicama and bell peppers are great. Hummus is also quick to make in the blender or food processor, but if you're in a pinch, I love Hope Hummus brand (spicy avocado in particular)

- **Paleo Granola and unsweetened almond milk**

- Great option as a quick snack or breakfast

- **Hard boiled eggs**

- Add salt, pepper and a drizzle of extra virgin olive oil for healthy fats

- **Half an avocado mashed with crackers**

- Get creative and add organic deli turkey or salami for added protein. For crackers, I love Simple Mills!

- **Bone broth**

- Heated over the stove with your favorite spices, then blended together until frothy. Sip like a latte!

- **Apple slices with almond butter**

- This has been my go-to afternoon or post-dinner snack on repeat. I'll also add cinnamon for an added sweet flavor.

- **Coconut yogurt (unsweetened)**

- Add a handful of berries, cinnamon & nuts/seeds

- **Mini charcuterie**

- Use salami, olives/olive tapenade, nuts, fruit, brown rice crackers/almond flour crackers

- **Popcorn**

- Make it over the stove, in an air popper, or grab a bag from the store (I love the Pink Himalayan Salt Lesser Evil popcorn)

# DAILY ENTRY

# MINDFULNESS AND ACCOUNTABILITY CHALLENGE

**DATE**

**WATER INTAKE**

*AIM FOR 70 OZ*



**TIME OUTSIDE** *AIM FOR AT LEAST 10 MINUTES OUTSIDE. WRITE OUT YOUR OUTDOOR ACTIVITY OF THE DAY BELOW.*

**WORKOUT** *CHOOSE A WORKOUT FROM THE SUGGESTED WORKOUTS ABOVE OR MAKE UP A MINI-CIRCUIT FOR YOURSELF, EVEN 15 MNUTES MAKES ALL THE DIFFERENCE. IF YOU'RE TAKING A REST DAY, CONSIDER A SHORT WALK OR LIGHT STRETCHING.*

**SELF-CARE** *TREAT YOURSELF TO YOUR FAVORITE COFFEE, WASH YOUR HIAIR, MAKE A NEW PLAYLIST, OR SPEND A FEW EXTRA MINUTES ON YOUR SKIN CARE.*

**TODAY I'M GRATEFUL FOR...** *REFLECT ON 3-5 THINGS THAT MADE YOU FEEL GRATEFUL TODAY.*

# FIND ME



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