

HABIT AUDIT

Your health and happiness are a function of your daily habits. You are probably already doing a number of these, but there will also be some that you can either improve or start fresh.

Choose one habit to focus on at a time - when you have made it your own, then add another one. Choose your top 12 habits for the year, pick your starting point, and get going!

NEW YEAR'S HABIT AUDIT

- | | IT'S A
HABIT! |
|--|--------------------------|
| 1. Daily supplements | <input type="checkbox"/> |
| 2. Daily journal | <input type="checkbox"/> |
| 3. Weekly measurements of waist and hips | <input type="checkbox"/> |
| 4. Morning smoothie | <input type="checkbox"/> |
| 5. 8+ glasses of water daily | <input type="checkbox"/> |
| 6. Daily gratitude | <input type="checkbox"/> |
| 7. Daily mindfulness practice
(tapping, prayer/meditation, restorative yoga, etc.) | <input type="checkbox"/> |
| 8. HIIT 3+ times a week (high-intensity interval,
or burst training) | <input type="checkbox"/> |
| 9. 5+ servings of organic non-starchy veggies daily | <input type="checkbox"/> |
| 10. Bodywork 2+ times per month (massage, reiki,
acupuncture, rolfing, etc.) | <input type="checkbox"/> |
| 11. Detox support 2+ times a week (infrared sauna,
float tanks, epsoms salts baths, dry brushing) | <input type="checkbox"/> |
| 12. Overnight fast of at least 12 hours | <input type="checkbox"/> |
| 13. Identify food intolerances and keep out of diet | <input type="checkbox"/> |
| 14. Lower sugar impact and dial in optimal carb intake | <input type="checkbox"/> |
| 15. Increase daily fiber to 35 grams minimum, 50+ goal! | <input type="checkbox"/> |

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Break THROUGH

IT'S A HABIT!

- 16. Drink bone broth 2-3 times a week
- 17. Do core exercises 2+ times a week
- 18. Resistance training 2+ times a week
- 19. Move more daily (5000+ steps)
- 20. Daily connection time with loved ones
- 21. Floss daily
- 22. 15 min+ enlightened reading daily (self-help books, scripture, or learning something new)
- 23. Use a clean sunscreen daily on face, hands, and chest
- 24. Annual health review with a functional medicine practitioner
- 25. Slow down and chew more when eating
- 26. Sleep 7-9 hours a night
- 27. Stop eating 3-4 hours before bed
- 28. Evening sleep prep routine (power down electronics an hour before bed, chamomile tea, lavender essential oil, relaxing bath, etc.)
- 29. Eat wild fish 2 or more times per week
- 30. Get out in the sunshine for 20 minutes or more daily
- 31. _____
- 32. _____
- 33. _____

Want to make big changes fast?

Try my **FREE**

7-Day Stop, Drop & Swap Challenge now!

In just 7 days, simple swaps can help you drop up to 7 pounds and stop symptoms like joint pain, headaches, skin trouble, and gut issues.



Head to [JJVirgin.com/challenge](https://www.JJVirgin.com/challenge) to find out what a difference a week can make!

JJ's Faves

Here's some of the most helpful products and hacks I use every day myself – great starting points for a healthy, happy 2018!

IN THE KITCHEN:

Nutribullet Blenders When you're making protein shakes part of your daily metabolism-boosting routine, it pays to have a great blender! The Nutribullet Lean is my go-to blender for daily protein shakes and smoothies. I love how portable it is, and mine has traveled across the country and back many times.

Butcher Box The quality of meat you eat makes a difference in your health. I love Butcher Box because they make it affordable to eat clean, conscientiously raised meat that tastes incredible and saves me trips to the grocery store. Get incredible-tasting grass-fed beef, pastured chicken, and heritage breed pork delivered direct to your door. You'll notice the difference!

Vital Choice Organics & Seafood Your freezer needs this! Vital Choice delivers incredible Wild Alaskan Salmon, Organic Seafood Marinade Mix, Wild Alaskan Halibut, and more directly to your home.

FOR BETTER SLEEP:

Samina Beds SAMINA brings nature back: it's sleep in its most natural form. Like the human body, the SAMINA Healthy Sleep Concept is built of layers that harmonically coordinate with the body. Thanks to its layered components the essential conditions are present to fall asleep relaxed, stay asleep and awake refreshed.

Oura Ring Worn around the clock, this sleep tracker and smart ring empowers you to see how your lifestyle affects your body and mind by tracking heart rate and other patterns. The Oura Ring is a great tool to help you dial in your habits to get the best rest.

TrueDark Sleep & Performance Technology Not all light is created equal. TrueDark glasses block blue light – that's important because the only source of blue light used to be the sun, so your body equates a lack of blue light with powering down, resting, and healing. Now, technology like phones and computers exposes us to blue light all day and night, and studies show it can ruin your sleep, performance, and health. TrueDark glasses are a science-based way to fix it.

TO ADDRESS YOUR STRESS:

Ziva Meditation Meditation has proven health benefits, including reversing aging and lowering your risk for major disease. Emily Fletcher is the amazing force behind Ziva Meditation Studio, and she's a pro at helping even the busiest, most fidgety folks develop a consistent, effective meditation practice. I was amazed by the results!

Tapping Solution EFT Tapping is a technique that combines ancient Chinese acupressure and modern psychology to create a quick, effective mindset hack. I use it every single day to stay centered and positive and focus on my goals. EFT is easy to learn when you've got the help of pros like the Ortners and their Tapping Solution.

TO LOOK AND FEEL GREAT:

Xiser Get a full high-intensity interval training workout in just minutes a day with the Xiser – no gym membership or bulky equipment required.

Sunlighten Sauna Detox and lose fat with a Sunlighten infrared sauna, proven to promote healing and weight loss. Infrared heat has been shown to help slow the processes that cause aging and disease, as well as increase your fat-burning potential. I use mine weekly, and I love the health benefits.

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