



Healthy Living

# Club Nourish

at  
Daybreak

Goals \* Support \* Learning \* Sharing

## 3 Levels of Club Nourish at Daybreak

### LEVEL 1

Join the Facebook page and/or Instagram page  
POST on Facebook group page, and when available attend the monthly meetings

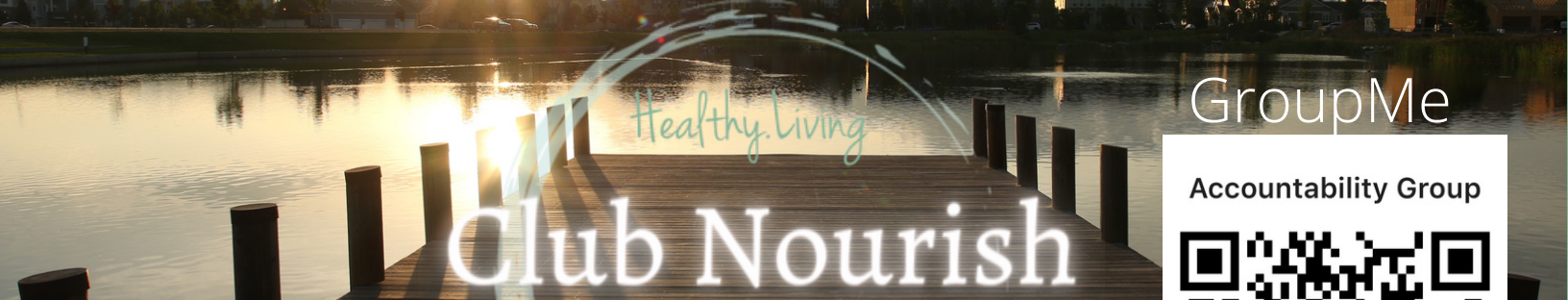
### LEVEL 2

Participate in the monthly goal setting challenge. Print out the monthly calendar to track your goals. Make 1-3 goals. Enter your sheet into the monthly prize drawing.

### LEVEL 3

Dive a little deeper, Make 3 goals and track it on our point system. Post multiple times during the week on our GroupMe page, Facebook page, and give support to team members to earn more points! Enter your sheet into the monthly prize drawing. (Top players have more entries into the drawing)

- need additional help with goal setting contact Julie or Chantelle
- Need additional accountability support Julie has a private group for her clients



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GroupMe

Accountability Group



## LEVEL 3

GOALS	
	■
NUTRITION	
M	■
I	■
FITNESS	
M	■
I	■
LIFE STYLE	
M	■
I	■

### Make 3 goals

(Recommended to make a nutrition, lifestyle, and fitness goal). Each goal will have 2 parts to it, a minimum and ideal goal. Example: I will work out 4 days a week for 30 minutes. My ideal goal is to workout 5 days a week for 45 minutes. \*\* Your minimum goal should be more of what you are currently doing. Your ideal goal is if you had the perfect week, how would you want that goal to look like.

Each week, if you achieve your minimum goal, you earn 5 points per goal. If you hit your IDEAL goal for that week, you earn 2 bonus points per goal. To keep some motivation during a rough week, as long as you do at least 50% of your minimum goal, you can still earn 2 "keep trying" points per goal.

Earn a point by posting on Facebook, GroupMe page, reaching out to accountability partner, or other club member. **Max 7 points a week**

**Max Points per month 112**

	LEVEL 3 GOALS			Total
	Goal 1	Goal 2	Goal 3	Team Support
Week 1	2 5 7	2 5 7	2 5 7	1 2 3 4 5 6 7
Week 2	2 5 7	2 5 7	2 5 7	1 2 3 4 5 6 7
Week 3	2 5 7	2 5 7	2 5 7	1 2 3 4 5 6 7
Week 4	2 5 7	2 5 7	2 5 7	1 2 3 4 5 6 7