



WORKBOOK

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To maximize our time together on this webinar, print this workbook in advance & be prepared to use it as we dive in!

3 Ways to get Massive Value

.....
from this meal planning webinar



Print this workbook before the live webinar to stay fully engaged and focused during our time together



Answer the BIG question at the bottom of this page before starting the webinar. If I don't provide a solution to your answer during the training, you can ask it during the Q & A session at the end.



To maximize your time on this webinar, at the end of the session decide on just ONE action item you plan to complete in the next 24 hours that you learned. Taking action right away will give you instant momentum to start seeing big results.

Big Question: answer prior to webinar
What is your biggest health concern or obstacle?



Let's Dive In!

The 4 Steps to your meal planning masterpiece:

- 1.
- 2.
- 3.
- 4.



_____ on your **Bigger Question**

A. Ultimate Reason

B. Connections of _____ & _____ health

A. Mental

B. Emotional



1. _____ out _____

A. Average Man =

B. Average Woman =

How to _____

Circle:

1. Eat less than your required calories

2. Burn calories with exercise

3. Combine 1 & 2

B. _____ calories per _____ = _____

_____ calories per _____ = _____

C. Breakfast = _____ % Calories _____

Lunch = _____ % Calories _____

Dinner = _____ % Calories _____



2. _____ vs. _____

A. Eat the foods you _____:

B. Don't eat the foods you _____:

C. List your _____.



BE HONEST!

At least 15 foods should be _____ !

CHEAT SHEET:

<http://fullarmorfitness.com/wp-content/uploads/2015/10/>_____

What's NOT making the cut?



3. _____ the _____

- D. Decide _____ to eat
Decide _____ to eat
Decide _____ to prepare

E. WHAT

1. Veggies

2. Fruits

3. Grains/Carbs: Whole-grain breads, pastas, oatmeal, rice
Starchy vegetables potatoes, beets, sweet potatoes, corn, squash
Beans, lentils, peas, nuts, seeds
Dark green vegetables, leafy greens

4. Proteins: Fish; tuna, salmon, halibut
Lean Meats; beef and veal, pork loin, pork chops, poultry, chicken, turkey
Cheese; nonfat mozzarella cheese, cottage cheese
Dairy products; Greek yogurt, milk, soymilk
Legumes; lentils and soybeans, Tofu
Eggs; egg whites
Nuts; almonds, pistachios, cashew, peanuts

F. WHEN

1. Calorie spreading

2. Calendar

3. Busiest days

G. HOW

1. Calendar

2. Prep

3. Accountability



4. _____

ACTION STEPS

A. Choose your _____

B. Go-To list



FILL IT OUT!

Summer/Spring

Winter/Fall

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

The next 24 hours are crucial. You either will make an action step and grow in your health or not.

Go after it and make it happen today – I'm cheering you on!