
PLAN & PREPARE™

Holiday Planning Toolkit

A practical companion for planning meals, celebrations, movement and self-care - without demanding perfection.

PREPARATION WITHOUT PERFECTION

The goal isn't to control every holiday moment. It's to prepare for the moments you can - and make intentional choices when plans change.

Use these pages before and throughout the holiday season. Print them, write on them, revisit them, and adapt them to the celebrations that matter to you.

Dr. Hilda Obi, DNP

Holiday Wellness Toolkit

My Holiday Wellness Game Plan™



Before the calendar fills up, decide what you want to protect, how you want to feel, and where a little preparation could make the biggest difference.

This holiday season, I want to feel:

Three things I want to protect:

- | | |
|---|--|
| ☐ My energy | ☐ My sleep |
| ☐ My movement routine | ☐ My hydration |
| ☐ My nutrition habits | ☐ My emotional well-being |
| ☐ Time with family and friends | ☐ Other: _____ |

My biggest holiday challenge is usually:

One habit I want to maintain even on busy days:

Three events or situations I want to plan for:

EVENT / SITUATION	MY LIKELY CHALLENGE	MY PLAN

Keep the plan flexible. A useful plan supports you; it does not punish you when life changes.

Holiday Week-at-a-Glance Planner™

Map the week before it gets busy. Use this page to see where meals, celebrations, movement, preparation and recovery time need to fit.

MON	TUE	WED	THU	FRI	SAT	SUN

Use the five rows for: Meals to Prepare • Holiday Events • Movement • Self-Care • Important Tasks

MY 3 ANCHORS THIS WEEK

1.
2.
3.

One thing I can simplify this week:

Planning is not about fitting more into the week. Sometimes the healthiest plan is deciding what can be simplified, delegated or left undone.

Holiday Meal Planner™



Plan enough structure to make everyday choices easier while leaving room for special meals and traditions.

DAY	BREAKFAST	LUNCH	DINNER	SNACKS / SPECIAL EVENT
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

Wash / chop:

Cook ahead:

Grab-and-go:

Protein options:

Produce to use first:

Something I can freeze:

A meal plan is a guide, not a contract. Swap, simplify and adjust as your week unfolds.

Smart Holiday Grocery List™

Meals I'm shopping for:

Guests: _____ Before I shop: ☐ Check pantry ☐ Check freezer ☐ Review recipes ☐ Eat before shopping

Protein & Main Ingredients	Vegetables & Fruit
Whole Grains & High-Fiber Foods	Healthy Fats
Dairy / Alternatives	Herbs, Spices & Flavor Builders
Snacks & Quick Options	Holiday Recipe Ingredients
Beverages	Other / Household

Shop from your plan, but leave room for the foods and traditions that make the season meaningful.

Before-the-Party Checklist™

A little preparation can help you arrive ready to celebrate rather than overly hungry, rushed or reactive.

BEFORE YOU GO

- Eat normally earlier in the day
- Include protein and fiber in earlier meals
- Hydrate
- Don't "save all your calories" for the party
- Decide which holiday foods you're genuinely excited to enjoy
- Give yourself permission to enjoy them
- Remember that one celebration does not define your progress

At this event, I especially want to enjoy:

My intention tonight:

What matters besides the food?

- | | |
|----------------|----------------|
| ■ People | ■ Conversation |
| ■ Tradition | ■ Celebration |
| ■ Music | ■ Memories |
| ■ Other: _____ | |

Enjoy the celebration - not the guilt.

You do not need to earn a special meal, compensate for it beforehand, or punish yourself afterward. Return to your usual rhythm at the next opportunity.

My Holiday Event Plan™



EVENT: _____

DATE:

TIME:

What will probably be served?

What foods do I most want to enjoy?

What can I eat beforehand if needed?

My hydration plan:

My movement plan:

Potential trigger or challenge:

If that happens, I will:

What would make this event feel successful - even if my eating isn't "perfect"?

Success can include connection, enjoyment, presence, boundaries, movement, rest or simply making your next choice intentionally.

PLAN & PREPARE™

My Plan & Prepare Promise™



I don't need a perfect holiday plan.

I need a plan that helps me stay connected to what matters.

I can prepare without restricting.

I can celebrate without abandoning myself.

I can enjoy special foods without turning one meal into an entire season.

And when plans change, I can simply make my next choice with intention.



This holiday season, I am choosing to:

Signed: _____

Date: _____

NEXT IN YOUR HOLIDAY WELLNESS TOOLKIT

EAT WITH INTENTION™

Simple tools for enjoying holiday food with greater awareness, satisfaction and confidence.



Educational wellness resource; not a substitute for individualized medical care.