

HOLIDAY WELLNESS TOOLKIT

TRACK & REFLECT™

Holiday Awareness, Progress & Reflection Toolkit

YOUR REFLECTION PROMISE

Notice without judging. Learn without punishing. Keep moving forward.

The holidays can make healthy routines feel less predictable. This toolkit gives you a calm place to notice what is working, recognize patterns, celebrate progress, and make thoughtful adjustments without turning every choice into a scorecard.

Use it daily or a few times each week. The goal is not perfect tracking. The goal is useful awareness.

Dr. Hilda Obi, DNP

The Complete Healthy Holiday Eating, Meal Planning & Wellness Guide

THE 60-SECOND HOLIDAY CHECK-IN™

A quick pause can reveal what you need before autopilot takes over.

Use this check-in at the beginning or end of the day, before a gathering, or whenever you feel pulled away from your intentions.

How is my energy right now? ■ Low ■ Steady ■ High

How is my stress right now? ■ Low ■ Moderate ■ High

What kind of hunger am I noticing? ■ Physical ■ Emotional ■ Habit/Environmental ■ Unsure

What does my body need most? ■ Food ■ Water ■ Rest ■ Movement ■ Connection ■ Quiet

What is one choice that would support me today?

REMEMBER

A check-in is information, not a verdict. You are gathering clues that can help you respond more intentionally.

One word for how I want to feel today: _____

MY HOLIDAY PATTERN TRACKER™

Notice the situation, the signal, the choice, and what happened next.

You do not need to record every meal or every choice. Use this page when something feels especially easy, challenging, surprising, or worth remembering.

DATE / SITUATION	WHAT I NOTICED	WHAT I CHOSE	HOW I FELT AFTER

A pattern I am beginning to notice:

LOOK FOR CLUES, NOT FAILURES

Patterns can point toward practical support: eating before you become overly hungry, planning for a trigger, creating a pause, getting more rest, asking for support, or changing your environment.

THE SMALL-WINS LEDGER™

Progress often appears before the scale, the mirror, or the calendar shows it.

Record the choices and moments you want your brain to remember. Small wins build evidence that you are capable of caring for yourself during a demanding season.

- I paused before reacting automatically.
- I stopped when I felt comfortably satisfied.
- I enjoyed a favorite food without guilt.
- I chose movement because it helped me feel good.
- I recovered from a difficult moment instead of giving up.
- I protected my sleep, hydration, or downtime.
- I used a plan I created earlier.
- I asked for support or set a boundary.

Three wins that were uniquely mine:

1. _____
2. _____
3. _____

DO NOT DISCOUNT THE QUIET WINS

A healthier holiday season is built through repeated choices, not dramatic perfection. What you practice matters.

WHEN THE MOMENT FELT HARD™

Reflect with curiosity instead of criticism.

What happened just before the difficult moment?

What was I feeling physically or emotionally?

What did I need that I may not have recognized at the time?

What did I do next?

What helped - even a little?

If this happens again, what is one supportive response I can try?

REPLACE “I BLEW IT” WITH “WHAT CAN I LEARN?”

One meal, one craving, one missed workout, or one stressful day does not erase your progress. Reflection helps turn a hard moment into information you can use.

The kindest useful thing I can say to myself now:

MY WEEKLY HOLIDAY WELLNESS REVIEW™

A five-minute reset for the week ahead.

What went well this week?

What felt harder than expected?

When did I feel most energized or grounded?

What pattern deserves my attention?

What support would make next week easier?

Choose ONE focus for next week:

- Plan ahead
- Eat with intention
- Move & feel good
- Protect sleep/rest
- Hydrate
- Manage stress
- Ask for support
- Other: _____

ONE FOCUS IS ENOUGH

You do not need to repair everything at once. A clear, realistic next step is often more useful than a long list of promises.

MY HOLIDAY WELLNESS DASHBOARD™

Track the behaviors that help you feel supported - not just outcomes.

Add a check mark when you practiced the behavior. This is not a pass/fail chart. Blank spaces are simply information.

DAY	PLAN	INTENTIONAL EATING	MOVEMENT	WATER	REST / RECOVERY	CHECK-IN
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

The habit that supported me most this week:

The habit I want to make easier next week:

MEASURE WHAT YOU WANT TO PRACTICE

Progress can include planning, awareness, recovery, movement, rest, hydration, connection, and returning to your intentions after disruption.

MY HOLIDAY REFLECTION & NEXT STEP™

Keep the lessons. Release the perfection.

What am I most proud of?

What did I learn about my triggers or needs?

Which holiday wellness habit do I want to keep?

What will I do differently at my next celebration?

What do I want to remember when the season feels difficult?

YOUR NEXT STEP

Choose one action you can repeat: _____

Choose one thought you want to carry forward: _____

Awareness gives you choices. Reflection gives those choices direction.

You are not trying to create a perfect holiday. You are practicing how to return to yourself - with greater awareness, more useful information, and more compassion each time.

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