



The Seven Healthy Habits

Build these habits one day at a time—and discover the energy, focus, and joy that come from true and sustainable wellness.

1. COMMUNITY

Connection fuels growth. Research shows that those who pursue goals in a community are three times more likely to achieve them, no matter what the goal is. A strong support network not only accelerates learning and productivity but also nurtures emotional well-being and joy.

Tip:

- Make time for each other
- Do something thoughtful
- Be vulnerable
- Try new things together
- Schedule regular hangouts
- Stay in touch

Join our Facebook community: [Facebook.com/Groups/R3WeightLoss](https://www.facebook.com/Groups/R3WeightLoss)

2. NUTRITION

Good nutrition fuels your body, mind, and metabolism. It protects against disease, improves digestion, enhances energy, and supports emotional well-being.

Everyday nutrition habits:

- Eat a variety of vegetables daily
- Choose whole grains and lean meats
- Supplement daily with Melaleuca's *Peak Performance Pack*

3. SUPPLEMENTS

Nutritional supplements, such as vitamins, minerals, and herbs, can help improve your overall health by providing nutrients that your diet may be lacking. They can help you meet your daily requirements of essential nutrients, which are vital for your body to develop and function properly. Some supplements can help with weight loss by improving metabolism, increasing fat burning, or reducing hunger.

Tip: Place your supplements on the counter; seeing them will help you remember to take them daily.

4. WATER

Water powers every system in your body. Staying hydrated supports metabolism, suppresses appetite, and strengthens immunity. Experts recommend that men drink 15.5 cups (3.7 L) of water a day while women drink 11.5 cups (2.7 L) a day.

Tips:

- Drink water before meals
- Swap sugary drinks for water
- Carry a reusable water bottle
- Rehydrate after workouts

5. EXERCISE

Movement is key to lasting wellness. Exercise burns calories, builds muscle, boosts metabolism, and strengthens your body and mind. But exercise is not just for weight loss; it's about energy, confidence, and longevity. The American College of Sports Medicine recommends:

- 150 minutes per week of moderate-intensity exercise to maintain overall health
- 250 minutes per week for weight loss and improved fitness
- Blending heart-pumping cardio, strength training, and stretching to improve flexibility for a strong, balanced body

6. SILENCE

According to research, humans need daily silence. Silence can have many benefits for the body and mind, including:

- Better mental health
- Improved relationships
- Emotional processing
- Enhanced self-awareness
- Reduced blood pressure
- Improved concentration
- Sense of inner peace
- Stress relief
- Creativity

Take time every day to practice silence and focus on the present moment. Start with 5 minutes and build to 30 minutes daily.

7. SLEEP

Sleep is essential for overall health and well-being, affecting both physical and mental functioning. Getting seven hours of high-quality sleep each night consistently strengthens immunity, stabilizes mood, and boosts metabolism. When it comes to weight loss, quality sleep helps regulate hunger hormones, reduces calorie intake, and supports healthy metabolism and fat burning.

- Tips:**
- Create a restful environment
 - Limit screen time
 - Relax before bed
 - Manage stress
 - Stop or limit caffeine intake at least 8 to 10 hours before bedtime



1. COMMUNITY



2. NUTRITION



3. SUPPLEMENTS



4. WATER



5. EXERCISE



6. SILENCE



7. SLEEP



Daily Healthy Habit Tracker

R3 PRACTICES	MON	TUE	WED	THU	FRI	SAT	SUN
PEAK PERFORMANCE AM PACKET							
BREAKFAST							
AM SNACK							
LUNCH							
PM SNACK							
DINNER							
SNACKS							
PEAK PERFORMANCE PM PACKET							
OTHER SUPPLEMENTS							

COMMUNITY

Connected with: _____

Checked in on: _____

Let go of resentment toward: _____

Served/helped others by: _____

WATER INTAKE



TOTAL Fluid Ounces: _____

TODAY'S EXERCISE

Cardio: _____

Weight Training: _____

TOTAL Minutes: _____

TIME FOR SILENCE

Physical & Mental (# minutes): _____

Mental Silence (# minutes): _____

Nurturing Activities: _____

Grateful for: _____

SLEEP TRACKER

Wake Up: _____ AM

Day Started: _____ AM

Start Winding Down: _____ PM

Lights Out: _____ PM

Total Hours of Sleep: _____ Hours