

THE SARAH BLOOMS

YEARLY PLANNER



SARAHBLOOMS.COM



WELCOME TO THE YEARLY PLANNER!

One of the easiest ways to stay on track with your health goals is with a daily planner.

Studies show that keeping track of your health, nutrition, and activity can even help you reach your goals faster.

Plus, when you keep a detailed log of your journey, you can look back to see why you're not progressing as quickly as you'd like, so you can make some tweaks to your plan.

Are you underestimating your calories in and overestimating your calories out?

It's all here.

Remember, I'm always here to support you on your journey, along with the wealth of information [on the blog!](#)

Want more personalized support? Join our [free Facebook community](#), just for Sarah Blooms email subscribers!

Please don't hesitate to [reach out](#). I'm here to help.

Sarah xoxo

S A R A H B L O O M S . C O M

MEET THE COACH

hi there!

My name is Sarah Flowers. I'm an Holistic Health Coach and creator of [SarahBlooms.com](https://www.sarahblooms.com) where I share my favorite health, nutrition, and fitness tips to help you live your best life, naturally.

After struggling with eating disorders and obesity, I have finally found an easy and natural way to regain my health and stop emotional eating for good!

You can learn more about my journey to wellness [here](#).

While it took me almost 20 years to get my health back on track, I don't want you to suffer like I did.

That's why I created my proven fast-track system that will help you regain your health, lose weight, and feel amazing in no time!

If you haven't yet, download the [7-Day Quickstart Guide](#) to get started.

Sarah xoxo



Transforming your health
doesn't have to be
difficult, especially when
you change your habits a
little at a time!

i can show you how



Studies show that tracking your health and fitness can help you reach your goals faster.

Recording your daily nutrition, water intake, and exercise can help you stick to your plan and lose weight more quickly.

The format you use for tracking is truly up to you.

If you prefer the old fashioned way - paper and pencil - use a journal or the printable pages in this eBook.

A little more tech savvy? Try a phone app or website. My favorites are [Fitbit](#) and [Cronometer](#).

In addition to your daily nutrition and activity,

you should include your goals, mindset, measurements, and weight, so you can review your progress over time.

While trackers have many benefits, you may find that health tracking isn't for you if you become obsessive with the practice of recording, or if you're recovering from an eating disorder.

If you find yourself falling into unhealthy patterns due to tracking, weighing yourself regularly, etc., you may want to scale back or stop tracking altogether.

If you need any additional support, please don't hesitate to [reach out](#).

TOP 10

HYDRATE

Drink at least 9 cups of water every day and more if you sweat when you exercise

FATS

Enjoy healthy whole fats like avocado, nuts, seeds, coconut oil, and olive oil in moderation.

R SLEEP

Get at least 7-8 hours of sleep every night.

SUGAR

Reduce or eliminate refined sugars.

E VEGGIES

Load up 1/2 your plate with delicious, low-starch veggies

CAFFEINE

Reduce or eliminate caffeine intake, or switch to healthier sources like green tea.

K FRUITS

Aim for 3-5 servings of whole fruits per day.

MOVE

Do some sort of physical activity every day.

C PROTEINS

Fill 1/4 of your plate with healthy proteins, such as eggs, lean meats, tofu, and beans.

HABITS

Break bad habits like smoking and excess alcohol consumption to improve your health and prolong your life.

A

R

MEASUREMENT TRACKER

Measure and record your goals, weight, and inches below to track your progress.

GOAL

--

WEEK _____

MEASUREMENTS

LOSS/GAIN

WEIGHT	
NECK	
ARMS	
CHEST	
WAIST	
HIPS	
THIGHS	
CALF	

WEEK _____

MEASUREMENTS

LOSS/GAIN

WEIGHT	
NECK	
ARMS	
CHEST	
WAIST	
HIPS	
THIGHS	
CALF	

MY GOAL IS...

WHY IS THIS GOAL IMPORTANT?

STEPS TO TAKE

-
-
-
-
-

THREATS

RESPONSES

DEADLINE

MARK AS COMPLETE

GRATITUDE JOURNAL

DAILY AFFIRMATION(S)

TODAY I LOOK FORWARD TO...

HOW CAN I SET MYSELF UP FOR SUCCESS TODAY?

MORNING

BEDTIME

I AM GREATFUL FOR...

I WAS SUCCESSFUL WHEN...

THE MOST WONDERFUL THING THAT HAPPENED TODAY WAS...

YEARLY TIMELINE

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

MONTHLY PLANNER

MONTH: _____

S	M	T	W	T	F	S

GOAL 1	GOAL 2	GOAL 3

NOTES

WEEKLY PLANNER

	ACTIVITIES	OBJECTIVES	ASSESSMENT
MONDAY	_____	_____	_____
Date	_____	_____	_____
	_____	_____	_____

	ACTIVITIES	OBJECTIVES	ASSESSMENT
TUESDAY	_____	_____	_____
Date	_____	_____	_____
	_____	_____	_____

	ACTIVITIES	OBJECTIVES	ASSESSMENT
WEDNESDAY	_____	_____	_____
Date	_____	_____	_____
	_____	_____	_____

	ACTIVITIES	OBJECTIVES	ASSESSMENT
THURSDAY	_____	_____	_____
Date	_____	_____	_____
	_____	_____	_____

	ACTIVITIES	OBJECTIVES	ASSESSMENT
FRIDAY	_____	_____	_____
Date	_____	_____	_____
	_____	_____	_____

WEEKLY SCHEDULE PLANNER

MONTH

WEEK NO.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

DAILY PLANNER

DATE:

DAY:

TO-DO LIST:

NOTES:

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

1:30 PM

2:00 PM

2:30 PM

3:00 PM

3:30 PM

4:00 PM

4:30 PM

5:00 PM

WEEKLY MEAL PLANNER

MONDAY

B

L

D

TUESDAY

B

L

D

WEDNESDAY

B

L

D

THURSDAY

B

L

D

FRIDAY

B

L

D

SATURDAY

B

L

D

SUNDAY

B

L

D

SHOPPING LIST

FITNESS PLANNER

ACTIVITY	TIME	REPS
DAY 1 <ul style="list-style-type: none">• _____• _____• _____	20 min	20
	20 min	20
	20 min	20
DAY 2 <ul style="list-style-type: none">• _____• _____• _____	20 min	20
	20 min	20
	20 min	20
DAY 3 <ul style="list-style-type: none">• _____• _____• _____	20 min	20
	20 min	20
	20 min	20
DAY 4 <ul style="list-style-type: none">• _____• _____• _____	20 min	20
	20 min	20
	20 min	20
DAY 5 <ul style="list-style-type: none">• _____• _____• _____	20 min	20
	20 min	20
	20 min	20

MEAL & MACRO TRACKER

Tracking your macronutrients can offer benefits, including ensuring you're not overeating and you're getting enough nutrients from your healthy, whole foods diet.

Instructions: Enter meals in [Cronometer](#) to get macro values, then keep track of them here.

	PROTEINS	FATS	CARBS	TOTALS
BREAKFAST				PROTEIN (g): FAT (g): CARBS (g): CALORIES:
SNACK 1				PROTEIN (g): FAT (g): CARBS (g): CALORIES:
LUNCH				PROTEIN (g): FAT (g): CARBS (g): CALORIES:
SNACK 2				PROTEIN (g): FAT (g): CARBS (g): CALORIES:
DINNER				PROTEIN (g): FAT (g): CARBS (g): CALORIES:

WATER CONSUMPTION: Place an X on each glass of water you drink throughout the day. At least 9 cups is the goal.



OVERALL CALORIES

NUTRITION / FITNESS

TRACKER

NAME / CATEGORY

NAME / CATEGORY

NAME / CATEGORY

FITNESS ACTIVITY	W1	W2	W3	W4
WORKOUT ITEM				
WORKOUT ITEM				
WORKOUT ITEM				
WORKOUT ITEM				
WORKOUT ITEM				
WORKOUT ITEM				

SUBJECTIVE ASSESSMENT

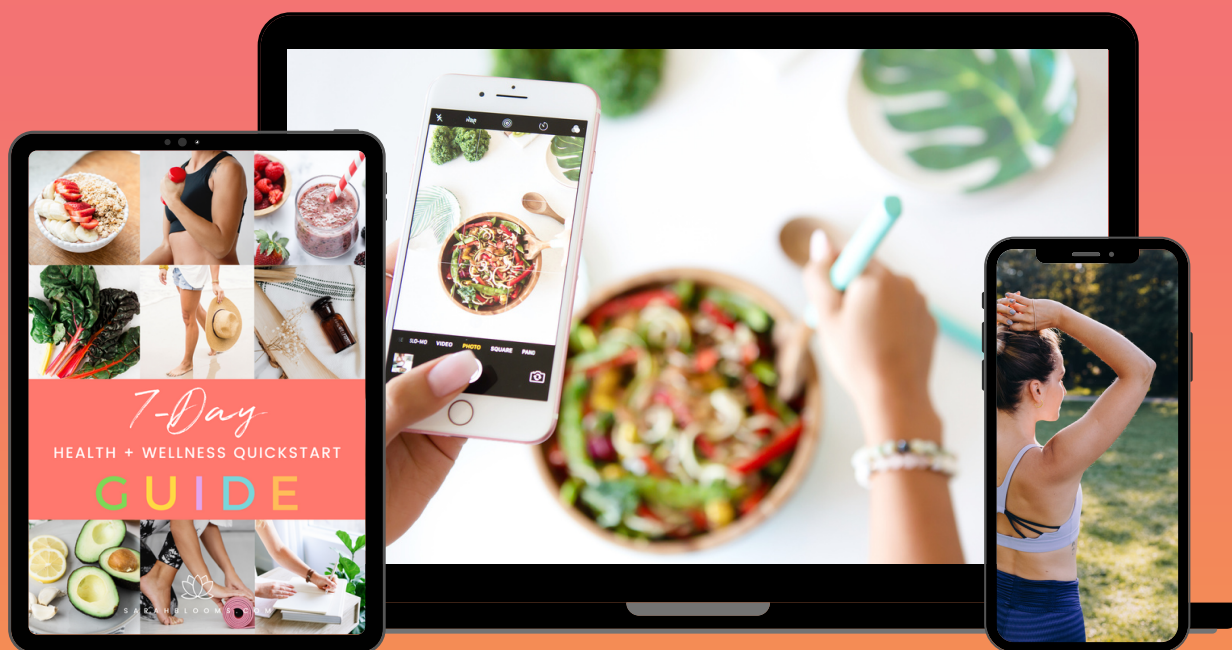
NUTRITION LIST	W1	W2	W3	W4
NUTRITION ITEM				
NUTRITION ITEM				
NUTRITION ITEM				
NUTRITION ITEM				
NUTRITION ITEM				

NOTES



Healthy habits work best when they last a lifetime, not just the time it takes to lose a few unwanted pounds. Take it one day at a time, and before you know it, you'll have reached your goals and then some.

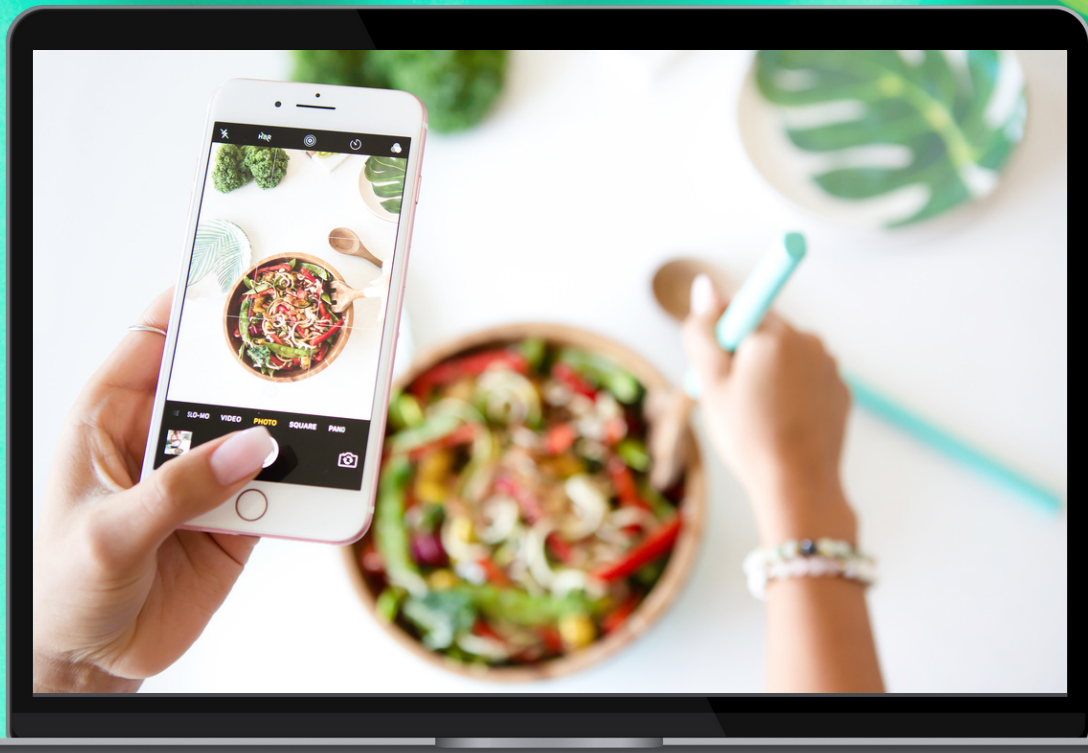
Get Started



Access the FREE Resources Library full of carefully curated guides, checklists, cheatsheets, and more that will get you started on your health and fitness journey and set you up for success!

[DOWNLOAD NOW](#)

THE LIBRARY



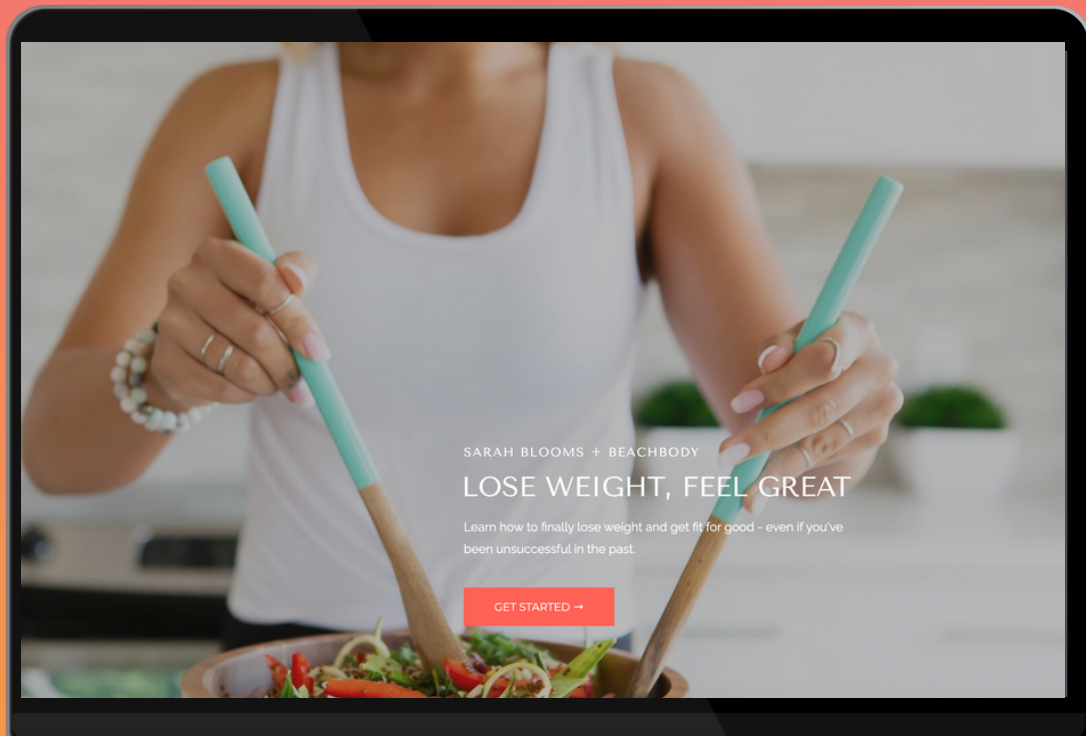
Join our FREE Facebook community to get all the help and support you need to succeed!

JOIN NOW

COMMUNITY

Sarah Blooms and you!

EAT RIGHT, LOSE WEIGHT, GET FIT...



Find all the latest updates and tips to improve your health,
nutrition, fitness, and more - naturally!

[GO TO SARAHBLOOMS.COM](https://www.sarahblooms.com)

ON THE BLOG



SARAH FLOWERS
CREATOR OF SARAH BLOOMS



Thank you for downloading this eBook and signing up for the Sarah Blooms community to receive all the latest news and updates from the blog, instant access to the Sarah Blooms FREE Resource Library, early bird pricing on new courses and products, exclusive beta tester opportunities, and more!

I couldn't be more honored that you have entrusted me with the greatest resource we have - our health. I assure you I don't take that lightly.

Through the years, I have faced some struggles with my health, but I have overcome them. I know you can, too. I'm here to help.

Thank you for reading Sarah Blooms!

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