

The Simple Health Foundations Guide

Small habits for
everyday wellness



WELCOME

Normalize overwhelm

Set tone: realistic, supportive, sustainable

Position this as a *reset*, not a program



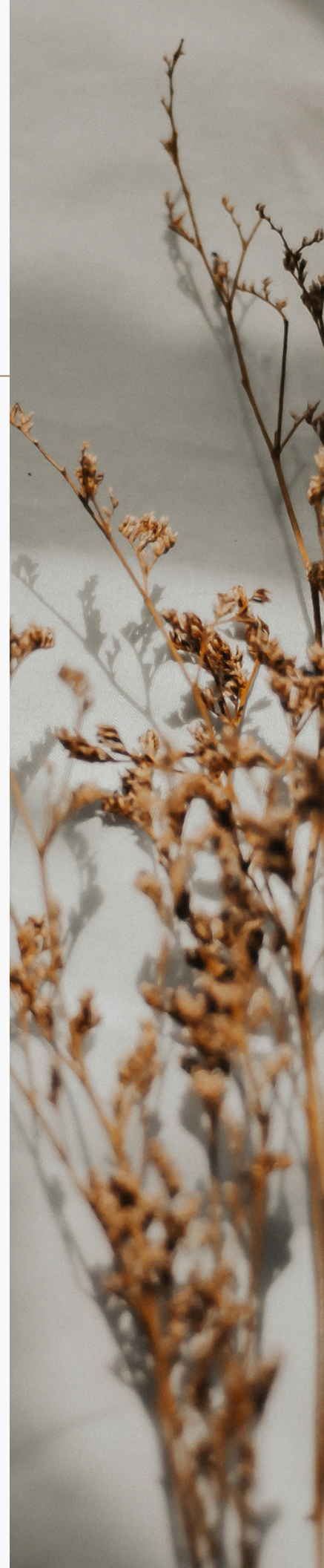
THE REAL PROBLEM WITH MOST HEALTH PLANS

WHY EXTREMES FAIL

WHY MOTIVATION-
BASED PLANS
COLLAPSE

REFRAME: THIS IS A
DESIGN PROBLEM, NOT
A PERSONAL FLAW

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THE SIMPLE HEALTH PHILOSOPHY

Small habits > intensity

Consistency > perfection

Systems > willpower

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THE 3 HEALTH FOUNDATIONS (OVERVIEW)

Energy

Nourishment

Recovery

High-level explanation only



FOUNDATION #1: ENERGY

Hydration

Light movement

Daylight

Removing friction

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FOUNDATION #2: NOURISHMENT

Supportive eating

Regular meals

Awareness without judgment





FOUNDATION #3: RECOVERY

Rest as essential

Stress management

Wind-down routines

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WEEKLY HEALTH RESET

Gentle reflection

No guilt, no fixing

Awareness first



Weekly

HABIT TRACKER

WEEK :

MONTH :

Morning Routine

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Health & Wellness

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Self Care & Wellbeing

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Notes



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DAILY HEALTH HABITS

Choose ONE habit per foundation

Emphasize "enough"

Reinforce sustainability

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Healthy Habit Tracker

Week of: ___ / ___ / ___

Physical Health

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Mental Health

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Fitness

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Eating

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Sleeping

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Notes



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COMMON HEALTH MYTHS

Motivation myth

Effort myth

Supplement myth

Calm debunking

JOIN THE MASTERCLASS





YOUR PERSONAL HEALTH BASELINE

Self-rating (1–5)

Awareness, not diagnosis

Identify weakest support area

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START SMALL. STAY CONSISTENT

Clear next step

Reinforce confidence

Encourage repetition

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WHERE TO GO NEXT

Direction without selling

"When you're ready..." language

Foundations always come first





CLOSING

Reassurance

Validation

Quiet confidence

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