



THE HEALTHY

Peachtember

GUIDELINES

DIET

- Keto with Paleo Foundation/Dairy Free
- 25 Net Carbs Daily
- 64 oz of Water Daily
- 3 x week Intermittent Fasting 16/8 (optional)
- No Processed Foods
- No Snacking

WORKOUT

- Workout Schedule 5x a week
- Cardio/Weights/HIIT- Peachy Fit Program
- In addition to program, complete 50 squats, 50 push ups and 50 crunches daily
- At least 12,000 steps a day

SELF CARE & FAMILY TIME

- Wake up early enough to fix hair, put makeup on and feel your best.
- Pick out work and workout clothes the night before
- Complete Daily Affirmations & Pray
- Spend quality time daily with family

ACTS OF KINDNESS

- 1 x a week complete one act of kindness to a stranger or friend
- Donate unwanted items to Goodwill
- Make a charitable donation
- Pay it forward