

Transformation Health Routine Roadmap

*My Personal,
Health Routine
Roadmap*



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It's great that YOU are READY to "Do This".

Over the years of using health routines, the task of planning and preparing to "implement" them have been my speciality and I truly enjoy developing a logical plan with people and seeing them reach their Health goals.



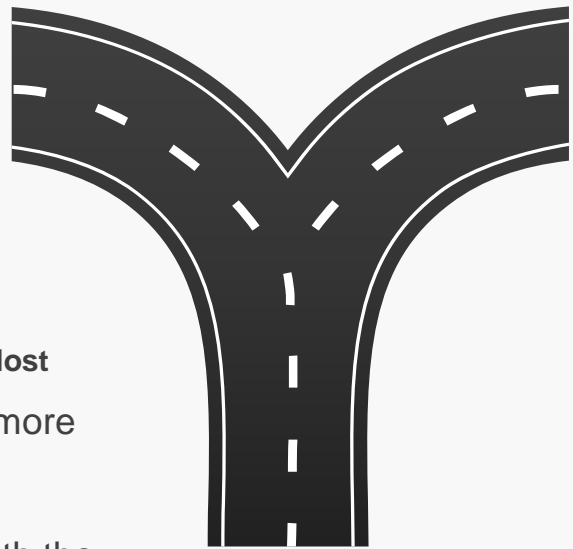
Let's Get Started



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People come to me with their Health goals and have no idea how to achieve them.

- Do I manage the symptoms or
- Do I focus on getting to the root cause of health problem



Solve The Problem That Cost You The Most

Managing the symptoms cost you more money in the long term.

Root out the cause and be done with the problem forever! Think about it.

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Health Routine Roadmap Planner

DATE

THINGS TO DO

SCHEDULE FOR TODAY

- 1
- 2
- 3
- 4
- 5
- 6



NOTES



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Here's an example of how I use this Roadmap for my healthy lifestyle journey.

Assess where I am every morning. This gives me direction for the day.

If I have no acute health issues (allergies, back pain) I **follow my daily routines** (gentle detox, self care, anti-inflammatory diet, etc)

If I have acute health issues I deal with them using my **resources in my tool kit**.

Overview

After ONE month of keeping track of your activity, you'll be able to accurately pin point the exact health routine you'll need to implement to reach your health goals.

Over time, you will have the confidence to plan a TRANSFORMATION health routine.

PLEASE don't take this lightly. It will definitely help keep you motivated and help you to understand exactly what you need to do to make your goals a reality!



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Did you get some value?

I hope you did, because each week I put my heart into making sure you get useful health tips and strategies to stick to your health routine so you can be able to live a life you love. For Healthy Lifestyle tips & resources...

www.glendahill.com

Samples:

[3 step check list](#)

[5 Day Planner Notes](#)

