



30 DAY

THM Challenge with Coach Amanda - Anchored Hope

Try a new E
Meal

Drink a lot of
water

Eat every 3-4
hours

Eat more
fruits

Drink
herbal tea

Eat
mindfully

Avoid
sugar

Don't eat
processed
foods

Laugh and
smile

Enjoy a
THM slushy

Make some
FP snacks
for the
week

Make an
exercise
plan

Try a new
exercise

Eat more
vegetables

Make an
on-plan
food for a
gathering

Cook at
home
instead of
eating out

Make
homemade
food
instead of
boxed food

Grocery shop
mindfully

Fast from
electronics

Stretch

Fast from
social
media
(except for
our group)

Renew your
mind daily

Take the
stairs

Sleep for
7-8 hours

Avoid white
flours and
starches
that are
high
glycemic

Make a
gratitude
list

Give up
weighing
yourself

Avoid off-
plan oils
that cause
inflammation

Anchor
meals with
protein

Drink more
sippers