

NEW EXERCISE

Band Pull-Aparts



GOAL

Maintain:
Squats
Push-ups
Dead Bugs
Side Lunges

+

**3 sets of 10-12
Band Pull-Aparts**

Maintain consistency with all previous exercises at 3 sets while adding band pull-aparts to strengthen the upper back and support posture.

If you don't have exercise bands, try out these alternatives:

- Prone Y/T/W raises
- Wall slides/Wall angels
- Reverse Snow Angels
- Scapular retraction holds

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

NUTRITION FOCUS

Balanced Snacks

 **Goal:** Have balanced snacks that combine color with protein and/or fiber to support steady energy and fullness.

 **Habit Building Tips:** Plan ahead by purchasing or preparing simple snack options, such as fruit with yogurt, vegetables with hummus, or cheese with whole-grain crackers. Keep grab-and-go options like nuts or roasted chickpeas stocked. Pre-portioning snacks for busy days can help reduce decision fatigue and support consistency.

Disclaimer: Educational resource only. Participation is voluntary. See Instructions page for full disclaimer.