



Name: Jodie Robertson

Date: 9/11/23

Current energy (1-10) - 3

Current positivity (1-10) - 5

Goals:

1. Increase energy
2. Lean down and build muscle.
3. Get mojo and spark back!

Initial Dietary and Lifestyle changes

1. Decreasing coffees from 7 per day to 4 per day.
2. Drinking more water aiming for approximately 2.7L (Filtered or spring water is best).
3. Fill up at breakfast time on healthy fats like avocado, olive oil. Protein such as eggs, or rolled oats with natural greek or coconut yoghurt and berries. Add in some fibre like baby spinach, tomatoes and any other veggies you enjoy. Or enjoy a green smoothie with avocado, baby spinach, berries and protein powder.
4. Aim for 3 big beautiful meals per day and enjoy sweets at the end of the meal if desired.