

# DAY 4

**GOALS**  
 Eat a variety of fruits and vegetables, including leafy greens, to get a good mix of nutrients and fiber.

**MEAL**  
 Breakfast: 1 cup of oatmeal with sliced apples and cinnamon.

**SNACK**  
 A banana and a small handful of almonds.

**MEAL**  
 Lunch: A salad with arugula, cherry tomatoes, cucumber, and a vinaigrette of olive oil and balsamic vinegar.

**SNACK**  
 A green apple and a small handful of almonds.

**MEAL**  
 Dinner: A baked salmon fillet with a side of roasted asparagus and a small sweet potato.

## HELP OVERVIEW

**WELCOME TO MY HEALTHY LIVING & LIFESTYLE PLAN**

My goal is to live a healthy and active life. I want to feel good about my body and my choices. I want to eat well, exercise regularly, and get enough sleep. I want to be happy and healthy.

I will start by making small changes. I will eat more fruits and vegetables. I will exercise for 30 minutes a day. I will get 7-8 hours of sleep a night. I will be patient and consistent.

I will track my progress and celebrate my successes. I will ask for help when I need it. I will stay motivated and focused on my goals.



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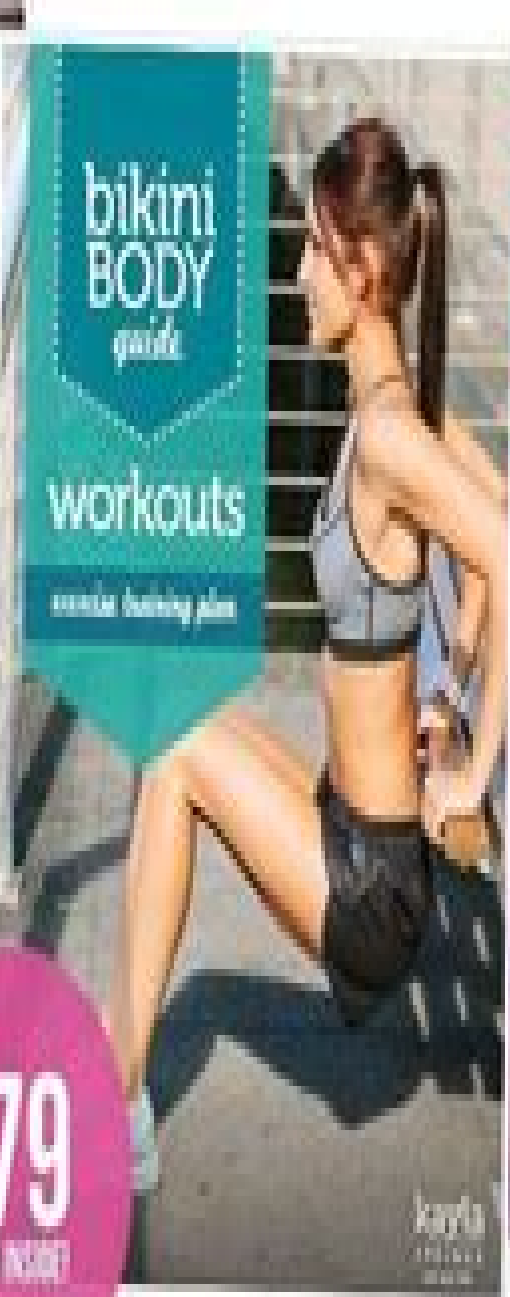
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