

DAY 4

GOALS
 • Eat a variety of fruits and vegetables
 • Drink plenty of water
 • Get a good night's sleep

MEALS
 • Breakfast: Oatmeal with fruit
 • Lunch: Grilled chicken with quinoa
 • Dinner: Baked salmon with sweet potatoes

EXERCISE
 • 30 minutes of cardio (jogging or brisk walking)
 • 15 minutes of strength training (bodyweight exercises)

HELP OVERVIEW

WELCOME TO MY HEALTHY LIVING & FITNESS PLAN

This plan is designed to help you achieve your health and fitness goals. It includes a variety of healthy recipes, workout routines, and tips for maintaining a healthy lifestyle.

GOALS
 • Eat a variety of fruits and vegetables
 • Drink plenty of water
 • Get a good night's sleep



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BODY
H.E.L.P.

Healthy Eating & Lifestyle

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guide

workouts
 exercise training plan

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guide

THE ACTIONS

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