Week 2:
Connect Mindfulness and Awareness on your Journey

Continue to practice your Week 1 micro Habit of Health by incorporating an additional glass of water into your routine each day until you reach the desired amount of eight glasses (64 ounces or more). Check off the amount of water you’ve had each day in your log. This is a life-long habit you will want to keep!

This week, add micro Habit of Health 2: Write one sentence in your OPTAVIA 30™ log each day.

Micro Habit of Health 2:
Write one sentence in your OPTAVIA 30™ log each day

As you begin to transform your body with healthy Fuelings, it’s important to transform your mind as well. The more aware you are during your day-to-day life, the more your outlook transitions to Optimal Health™. Reflect on your day and think of a moment when perhaps you felt a craving and how you handled it, or even write down something that you’re proud you accomplished. One sentence. That’s it. The more aware and conscience you are, the more able you are to catch yourself before making choices that don’t support your new orientation towards health. There’s space below for each week. Incorporating this habit into your daily routine will create an important collage of your thoughts and feelings during your OPTAVIA™ Journey.

The OPTAVIA™ Way:
You define what’s possible today.
Quick Tips for your OPTAVIA 30™ Journey

Day 8
Practice mindfulness and awareness while you eat each of your Fuelings this week, by consuming your food slowly and mindfully. Spend at least 15 minutes eating each meal. Cut bars into small pieces, and eat one bite at a time. Reflect on the changes that you are experiencing now and in the future as you reach a healthy weight or head toward Ultra Health. What does an optimal life look like for you?

Day 9
As you are practicing mindfulness, you will become more connected on what is truly most important to you, as well as begin to see some of your biggest opportunities. Connect with your Health Coach on suggestions and support during your OPTAVIA™ journey and beyond.

Day 10
Hydration alert! As you learned last week, hydration is critical – not only to your health, but also to your success in reaching your goals. Be sure to keep building on this Habit of Health. For a new twist, try a healthy flavoring of your water this week.

Day 11
You aren't alone on this journey! As you are well aware, your Health Coach is with you every step of the way! But did you also know that there are thousands of people in our OPTAVIA™ community for support as well? Connect with them on social media with #OPTAVIA30 and share how being mindful has helped you.

Day 12
By occasionally taking a little extra time in preparing your lean and green meal, your awareness of the quality of your Fuelings is increased. While we lead busy, fast-paced lives, occasionally a new and different recipe is just what you need to spice things up.

Day 13
Progress vs. Perfection. All too often, we try to succeed by being perfect. Thus, when we are in need of a minor course adjustment, we can feel like we have failed. Your Health Coach is an amazing person to discuss this eventuality with. Not only have they most likely been in your shoes, they either have other Clients or a support team that can offer the resources you need to realign with your goals.

Day 14
Celebrate the past week and plan ahead for the second half of your OPTAVIA 30™ journey! Your Health Coach will share in your victories and offer their support as needed. Share your Win Of the Week with your social networks by using #OPTAVIA30WOW and remember to tag your Health Coach.
### Week 2 Journal

<table>
<thead>
<tr>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
<th>Day 11</th>
<th>Day 12</th>
<th>Day 13</th>
<th>Day 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fueling</td>
<td>Fueling</td>
<td>Fueling</td>
<td>Fueling</td>
<td>Fueling</td>
<td>Fueling</td>
<td>Fueling</td>
</tr>
<tr>
<td>Lean &amp; Green Meal</td>
<td>Habit of Motion* (activity)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Micro Habits of Health (mHOH)

**Water Intake** *(check off how many glasses of water you have each day)*

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

**OPTAVIA™ Log**

<table>
<thead>
<tr>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
<th>Day 11</th>
<th>Day 12</th>
<th>Day 13</th>
<th>Day 14</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>