

Holiday Decision Plan

A simple, realistic plan to help you enjoy the holidays ... without feeling like you're starting over in January.

Why this Matters to Me

1. I want to feel _____
2. I want to avoid _____
3. I want to go into January feeling _____

My Definition of Success

Pick the strategies you feel 90% confident you can follow.

This isn't about perfection — it's about choosing what's realistic and doable for you.

Food

- ☐ Eat protein at every meal
- ☐ Don't skip meals to "save calories" for parties
- ☐ Eat a healthy snack before the party so I don't go in with a "hot mind"
- ☐ Enjoy treats I *really* love and skip the ones I don't
- ☐ Stick to one plate at events (no all-evening grazing)
- ☐ Other: _____

Alcohol

- ☐ Staying within _____ drinks at events
- ☐ No drinking on these days: _____
- ☐ Choosing lower-impact drinks: beer → light beer
wine → spritzers
whiskey → 1 pour max
- ☐ Not drinking at home alone
- ☐ Only drinking with food
- ☐ Stopping by _____ PM
- ☐ Other: _____

My Risky Situation

I tend to overeat or over-drink when:

My biggest “holiday hijack” situation is:

My Strategies

Tools that help me stay aligned with my goals:

- ☐ Eat protein + fiber snack/meal before events
- ☐ Start with a non-alcoholic drink
- ☐ Alternate alcohol + water
- ☐ Stand away from the appetizer/buffet table
- ☐ Bring a healthier dish to share
- ☐ Set a “stop time” for alcohol & food
- ☐ Plan a next-morning walk or workout
- ☐ Hold a drink in hand to avoid mindless snacking
- ☐ Other: _____

My Rescue Plan (If things don't go as planned)

If I have an off-night, I will:

- ☐ Hydrate before bed + first thing in the morning
- ☐ Eat a protein + fiber breakfast
- ☐ Go on a 10-20 minute run/walk
- ☐ Return to normal meals (no “punishment fasting”)
- ☐ Remind myself: *One night didn't make my health... and one night won't break it.*

My Commitment

On a scale of 1 - 10, my confidence level in following this plan is: _____

What would make it a 9 or 10? _____

My Holiday Mantra

Choose one sentence to stay grounded:

- ☐ "Be intentional, not perfect."
- ☐ "How I want to feel tomorrow matters."
- ☐ "Consistency beats intensity."
- ☐ "Future-me deserves this."
- ☐ My own: _____