

BE WELL
CHANTELLE



BE WELL
FOR LIFE

A HEALTHY LIVING GUIDEBOOK

GETTING STARTED

At Be Well Chantelle, our goal is to inspire, encourage and challenge you to be the very best version of you that you can be - now and in the future. We'll never give you a "quick fix" and then send you on your way. Our goal is to teach you all that you need to know so that you can take what you have learned and employ it for life. Our goal is to see you live your BEST life. Your healthiest, most balanced, happiest life. We believe to do that, you need to take care of your body, mind and soul - which is what this challenge is all about.

This guidebook will help you to focus some time every day on yourself. To nourish and fuel your body, to physically move and strengthen your physical being and to pay attention to your mental and emotional wellness. To tune into yourself and find the strength we know you have and are already showing the world.

To be successful and to stay consistent, you have to know:

1. **Your WHY** | Why did you sign up? Why are you committing to this program? To yourself?

2. **Your HOW** | Are you a data-junkie? Do you love tracking your progress in a visual way? Or does daily tracking discourage you? Would you rather focus on lifestyle changes and how you feel? Choose the "Lifestyle Guide" or the "Tracking Guide" to know how you're going to move through this program. What are you going to be paying attention to? What do you want your focus to be? How do you want to move through the program to your goals?

Let's get clear on our "why's" and "how's" and then let's get to work. You've got this. I believe in you and can't wait to see the ways you'll transform.



Chantelle

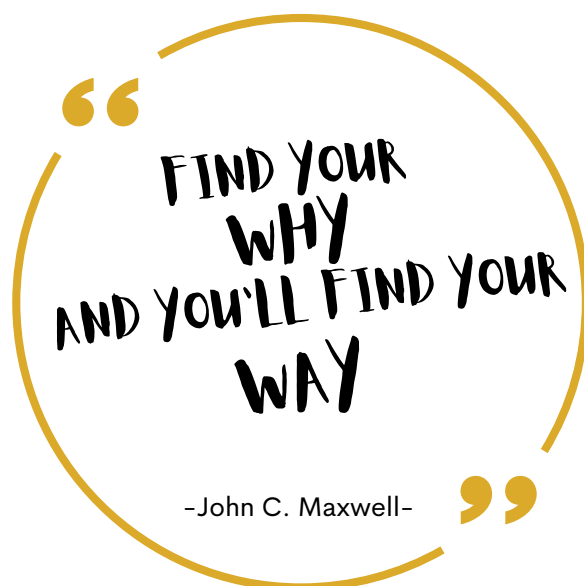
WHAT'S YOUR WHY?

Your WHY is the thing that's going to get you out of bed early in the morning to get the workout in, or at the end of the day when you'd rather hop on the couch. It's what is going to get you to choose meals and snacks that will fuel you. It's what will inspire you to work on your SELF. Your WHY is what is going to get you to be well for life.

Your WHY could be anything. Maybe you want to be able to have more energy to keep up with your kids, to climb that literal mountain, or to finish that goal race. Maybe you need to kickstart a new chapter in your life. Or perhaps you have realized that you just need to focus on yourself for a while. Whatever your why, just make sure it's clear. Know it. Repeat it. Write it down.

*PRO TIP: Print this sheet off, or write your why down on a post-it note and put it somewhere you will see it every day - like a bathroom mirror or your fridge. Daily, visual reminders go a long way in helping us stay on course.

MY WHY



WHAT'S YOUR HOW?

There are three ways you can experience this program. Once you've chosen what feels best for you, choose the corresponding section in the pages that follow, print off the challenge sheets and get ready for an amazing four weeks!

1 The Tracking Guide

Are you a data-junkie? Do you love tracking your progress in a visual way? Do you want to know how to balance and to track your macros at every meal? Does checking off each glass of water make you happy? Then this experience is for you. Choose "Section A".

2 The Lifestyle Guide

Do you want to focus on how you feel rather than specifics? Do you want to center on your general successes such as intentional movement, eating more greens, or improving sleep as opposed to drinking eight glasses of water, eating green veggies at two meals etc.? Would you rather track your progress by statements like: I felt more energized today/this week? Then this experience is for you. Choose "Section B".

3 The Combination

Do you want to focus on some data as well as your overall feeling through the program? Are you not sure which is the best fit and want to try both? Then you can do both! Take a look at the program guides and info sheets in both Sections A and B and mix and match as you see fit!

SECTION A

WEEKLY TRACKING GUIDE

Throughout this program, we are going to be tracking a lot of data to help us visualize and achieve our goals, including: nutrition, hydration, cardio minutes, weight training, weight and body measurements. Visually tracking our daily choices and habits helps us to stay accountable to the goals we have set for ourselves, and to be honest about our choices.

A word of gentle caution: be prepared for hiccups and "off-days". While tracking is incredibly effective in helping us reach our goals, we are not aiming for perfection here. Our end goal is to become fit for life - which means being willing to make changes (and sometimes sacrifices) to reach our goals but never at the expense of our health and wellness - physically, mentally or emotionally. If you find yourself feeling negative about the tracking, or in any way that it is becoming unhealthy - reach out. Let's talk it through and keep you in a healthy place.

Okay. Are you ready?

First, print off the three guide pages that follow: your weekly goal tracker, habit tracker and body measurement tracker.

Second, we highly recommend downloading a habits/routine app that works for you (we like Routines App for iPhone or Habits App for Android), and My Fitness Pal. Both of these apps will help you monitor your progress through the program, and may be more helpful for those of you who prefer to track using your technology rather than a pen and paper. My Fitness Pal is particularly useful as it will provide you with the breakdown of macros for all the meals and snacks you log.

Got all that done? Okay then. Let's get to work!

SECTION A

WEEKLY TRACKING GUIDE

In addition to your daily habits (nutrition, hydration and fitness), choose three goals/intentions for each week. These could be the same or change every week. These are unique to you but should be ones that help you to be well, such as: improve sleep, increase veggie intake, play with your kids more intentionally etc. Fill out the boxes below during the week to give yourself time to reflect and to stay on top of your goals.

I'M GRATEFUL FOR

MY WHY

MY THREE GOALS/INTENTIONS THIS WEEK:

01

02

03

“

A LITTLE PROGRESS
EACH DAY ADDS UP TO
BIG RESULTS

”

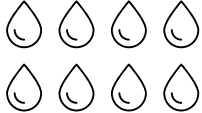
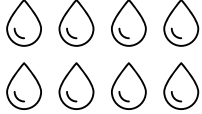
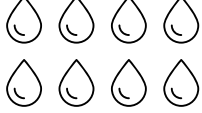
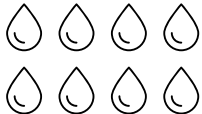
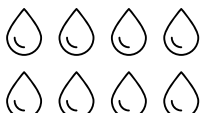
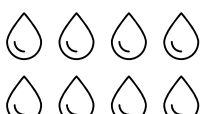
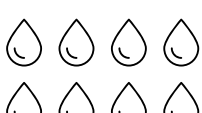
SECTION A

WEEKLY TRACKING GUIDE

CARDIO TRAINING | 150 - 250 minutes of moderate to intense exercise a week. Either 30 minutes x 5 days/week or 50 minutes x 3 days/week.

STRENGTH TRAINING | 3 - 5 x week, working all the major muscle groups.

FLEXIBILITY/MOBILITY TRAINING: 3 - 5 days per week, 10 - 15 minutes/day

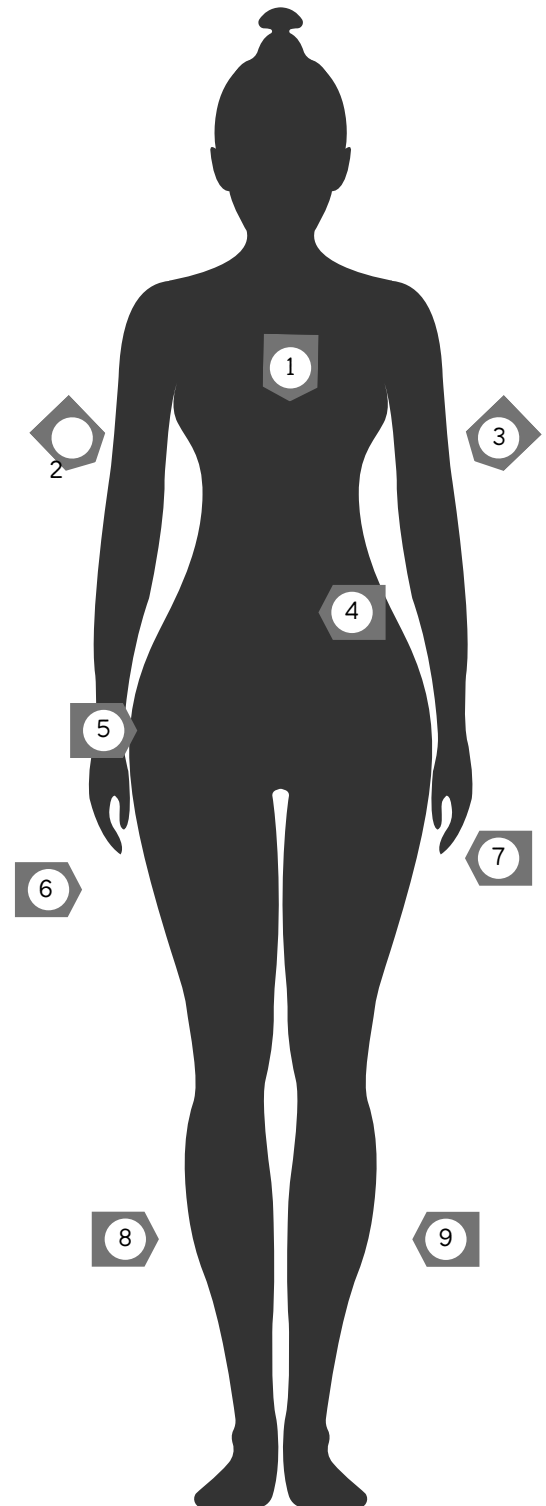
	Cardio Minutes	Strength Training	Flexibility/ Mobility Training	Water Intake	Macro Balance
Monday					Protein: _____ Fat: _____ Carbs: _____
Tuesday					Protein: _____ Fat: _____ Carbs: _____
Wednesday					Protein: _____ Fat: _____ Carbs: _____
Thursday					Protein: _____ Fat: _____ Carbs: _____
Friday					Protein: _____ Fat: _____ Carbs: _____
Saturday					Protein: _____ Fat: _____ Carbs: _____
Sunday					Protein: _____ Fat: _____ Carbs: _____

TRACKER

Note:

We encourage you to have someone help you with these measurements every week, to ensure you are getting the most accurate results.

1	CHEST at the fullest part of your bust	
2	LEFT BICEP 4 inches in from your elbow	
3	RIGHT BICEP 4 inches in from your elbow	
4	WAIST at the belly button	
5	HIPS at the fullest part of your glutes	
6	LEFT THIGH stand tall, shoulders even, with hands at your side and measure at the point of your middle finger	
7	RIGHT THIGH same instructions as above	
8	LEFT CALF 4 inches below the knee	
9	RIGHT CALF 4 inches below the knee	

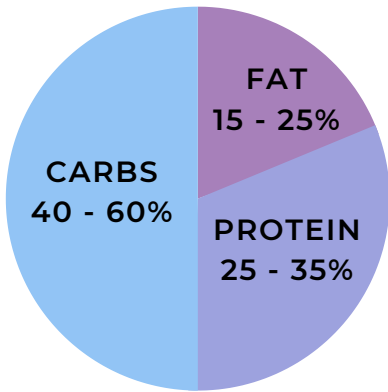


DATE
TIME OF DAY

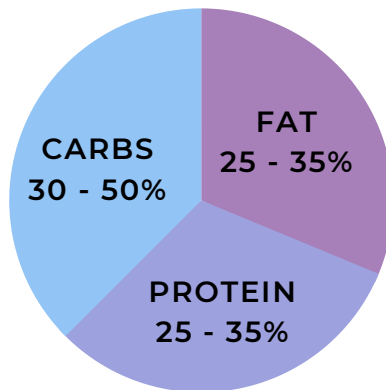
WEIGHT
MENSTRUAL CYCLE? (Y/N)

SECTION A

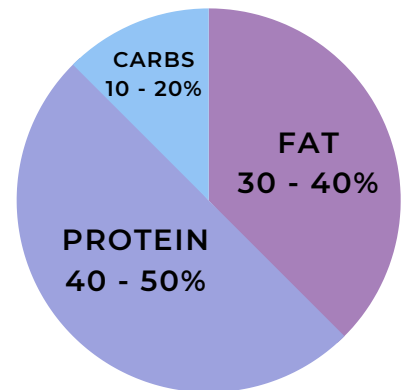
UNDERSTANDING MACRONUTRIENTS



INCREASE MUSCLE
HIGHER CARB



MAINTENANCE
MODERATE CARB



GET LEAN
LOWER CARB

MACRONUTRIENTS: A substance (food) required in large amounts in the human diet: protein, fat, carbohydrates.

CARBOHYDRATES | *The body's energy source*; they make you move! If you do not have enough carbs in your diet you will feel lethargic and if you have too many your blood sugar will spike and send your hunger through the roof (peak hunger times = late afternoon and evening).

FATS | *The body's secondary energy source*; depending on the type of activity you are participating in. Low = strength training vs. high intensity = cardio or HIIT. When your carbohydrate sources are depleted your body will use fats to fuel your movement. They help with immune system function, help to control hormone levels in your body and power the nervous system (brain function = 60% fats). Your body will store fats in your muscles until your body needs to use them.


PROTEIN | *The body's source for recovering workouts and building muscle*. When consuming the appropriate amounts they suppress appetite and help you to feel full longer. On the other hand, too much protein in the body can lead to feeling sluggish if your carbohydrates and fats are lacking.

SECTION A

UNDERSTANDING MACRONUTRIENTS

MACRONUTRIENTS


CARBOHYDRATES

- 
- FRUITS & VEGETABLES: spinach, tomatoes, broccoli, cauliflower, carrots, berries, oranges etc.
 - BREAD: whole wheat
 - PASTAS
 - QUINOA
 - BROWN RICE
 - OATS

PROTEINS

- 
- CHICKEN
 - TURKEY
 - LEAN RED MEAT
 - FISH: salmon, talapia, tuna, shrimp
 - EGGS
 - GREEK YOGURT
 - COTTAGE CHEESE
 - HEMP HEARTS

FATS

- 
- OILS: Olive, canola, coconut, avocado
 - AVOCADOS
 - NUTS
 - FLAX SEEDS
 - CHIA SEEDS
 - PEANUT BUTTER
 - SALMON

***Note:** This is not an exhaustive list in each category, but rather meant to give you an idea of some of the food items in each macro group.

VEGAN? VEGETARIAN? You can get all of the essential amino acids found in meat by combining: grains & legumes, grains & dairy or nuts/seeds and legumes.

A NOTE ON CARBS:

- Vegetables are lower in carbs because they are higher in fibre! We want more vegetables (especially dark green ones) in our diet vs. fruit. Try to keep fruit servings to one to three per day and ensure to pair them with a healthy fat (nuts/nut butter, cheese, etc.).
- A low-carb diet (ex. Keto) is considered under 50g carbs/per day. A moderate carb diet would be considered 100-150g per day. A higher carb diet would be 150-200g per day. The lower carb diet you can eat the more lean your body mass will be. Every body is different and every lifestyle is different. It is imperative that you understand your lifestyle and eat accordingly. It becomes more important to implement a lower carb diet over forty years of age, unless you are highly active.

SECTION A

UNDERSTANDING MICRONUTRIENTS

MICRONUTRIENTS | Micronutrients are one of the major groups of nutrients your body needs; they include vitamins and minerals.

Vitamins are necessary for energy production, immune function, blood clotting and other functions. Meanwhile, minerals play an important role in growth, bone health, fluid balance and several other processes. They also play important roles in human development and well-being, including the regulation of metabolism, heartbeat, cellular pH, and bone density. Micronutrients are not a source of energy, but are critical for your body to function with energy and efficiently.

Micronutrients are required in smaller amounts in the human diet and include such vitamins and minerals as: calcium, magnesium, iron, zinc, potassium, sodium, vitamins A, B, C, D, E and K.

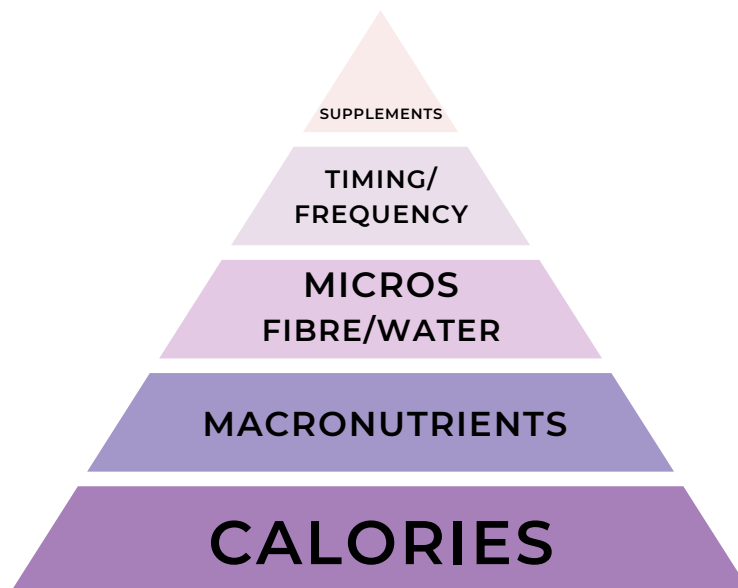
Examples:

- Calcium | milk, yogurt, spinach, and sardines
- Vitamin B12 | beef, fish, cheese, and eggs
- Zinc | beef, cashews, garbanzo beans, and turkey
- Potassium | bananas, spinach, potatoes, and apricots
- Vitamin C | oranges, peppers, broccoli, and bananas



SECTION A

PYRAMID OF NUTRITION PRIORITIES



CALORIES | Ensure you aren't overeating or undereating, as both can be detrimental to your health and can lead to storage of body fat.

MACRONUTRIENTS | Focus on eating protein, fats and carbohydrates in proper proportions to your goals.

MICRONUTRIENTS | Choose real food items that will provide your diet with the essential nutrients you require to keep your body in balance.

TIMING/FREQUENCY | Keep your blood sugars balanced by eating smaller, but frequent meals/snacks.

SUPPLEMENTS | Incorporate additional supplements into your diet for any micronutrients you may be lacking due to food allergies/aversions, very active lifestyle requiring higher quantities or food dislikes.

6 QUESTIONS TO ASK YOURSELF EVERY TIME YOU EAT YOUR MEAL/SNACK

1. What balance of macros do I have with this in relation to time of day?
2. Do I have enough protein planned?
3. What are my net carbs (carbs minus fibre/sugar alcohols)?
4. What nutritional value does this add to my day (vitamins, minerals, fibre)?
5. Do I have at least one serving (2-3 is best!) of a fruit or vegetable?
6. Are my portion sizes correct? Is my dinner plated in reverse order (veggies first, protein, then carbs)?

SECTION A

CALCULATING NET CARBS

Calculate "net carbs" on food items by subtracting fiber and sugar alcohol grams from the listed carbohydrate amount.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	

TOTAL CARBS: 46G
-
FIBRE CONTENT: 7G
=
39G CARBS

- Keep your carbs lower per day when trying to lean out. The less you weigh the less carbs you require to fuel your body. Consume carbs to fuel your active job or workout regime.
- If you have a sedentary job/day or won't be exercising then it is best to consume less carbs on those days. If you have a big day of exercising coming up then it is helpful to increase your carbs a day or two before you know you will be expending a lot of energy through cardiovascular exercise (marathon, triathlon, more than two hours of moderate to vigorous cardio, etc.) to store the carbs in your muscles for fuel. Otherwise, you can use fats to fuel your movement for longer strength training sessions, more so than carbs.
- Certain packaged foods can be considered "healthy," so read food labels and look for labels that have fewer ingredients and lower sugar/sodium/fats. Try and choose items that are lower in sugar (under 8g) if they aren't naturally occurring sugars (E.g. fruit).

DAILY INTAKE SUGGESTIONS FOR WOMEN

- SODIUM | 2300 (18-50) 1500 (51+)
- SUGAR | 25g (a small apple has 10g, a medium banana has 14g)
- CALORIES | Weight Maintenance = 2,000 (3,500 omitted from diet via food or exercise = 1lb of body weight loss)
- FIBRE | 25g (18-50) 21g (51+)
- CALCIUM | 1000-1200 milligrams (1,500 for pregnant or lactating mothers)

SECTION A

NUTRITION FOR EXERCISE

CALORIES, MACROS & SUPPLEMENTS	RECOMMENDED AMOUNT	TIMING	DETAILS
Daily Caloric Intake (after exercise has been subtracted)	For Targeting weight loss and lean muscle mass development: 1500-1800 calories a day.	Consume more calories on days you run/workout.	Consume your biggest calories at breakfast and lunch. Make sure not to skip any snacks. Have an extra evening snack if you are still hungry.
Protein (40-50% daily intake)	0.8g protein x goal weight. This number is your daily target for protein.	Consume within 45 minutes of completing a workout. If you can't have a meal come prepared with a protein shake/bar.	Consume 20-35g of protein at every meal and 15-30g at every snack.
Carbohydrates (20-30% daily intake)	Vary carb intake depending on how active your day is.	On heavy workout days increase carbs at breakfast and lunch. Use carbs to fuel calorie burning workouts (over 500 cal.) and/or to fuel a workout 30-60 minutes prior to have "fast acting" energy.	Consume your biggest calories at breakfast and lunch. Make sure not to skip any snacks. Have an extra evening snack if you are still hungry.
Fats (30-40% daily intake)	30-75g of healthy fats per day	Fats can be used to fuel easy and steady state workouts. It takes 6-8 hours for fats to become useable energy. When the body runs out of carbs it uses fats as its secondary fuel.	Incorporate healthy fats at every meal and snack: avocado, serving of nuts, cooking with a TBSP of coconut/avocado oil, flax/chia/hemp hearts, nut butters.
BCAA's (Branch Chain Amino Acids)	½ to 1 scoop in 1 litre of water.	BCAA's reduce fatigue, accelerate recovery, reduce muscle soreness, improve the use of fat for energy and help with protein synthesis.	Drink during strength training, HIIT and cardio workouts like spin.

SECTION A

PRE & POST WORKOUT NUTRITION

- Always consume a carb + fat/protein before your workout. It is also important to consume this combination at snacks.
- Always consume a protein + carb after your workout.

PRE-WORKOUT SNACK IDEAS

- Whole grain toast/rice cake with nut butter or avocado
- Homemade energy balls/granola bars
- Banana with nut butter/dried fruit
- Apple with serving of nuts/dried fruit
- Oatmeal
- Sweet Potatoes



POST-WORKOUT SNACK IDEAS

- Protein bar/shake
- Eggs/egg whites (omelette, boiled)
- Chicken breast/salmon w/vegetables
- Greek yogurt/cottage cheese with berries
- Protein Up Wrap w/nitrate free deli meat
- Hummus with veggies



SECTION B

WEEKLY LIFESTYLE GUIDE

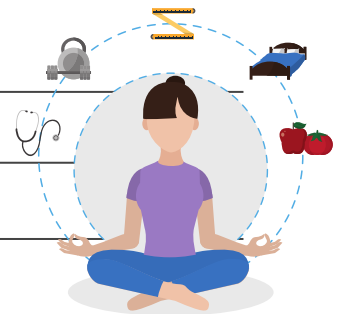
Prioritise daily movement, nutritious eating habits and a self-care routine that works for you (this could be meditating, reading for pleasure, going for a walk etc.). Choose three goals/intentions for each week. These could be the same or change every week. These are unique to you but should be goals that help you to be well, such as: sleep longer, increase water intake, eat more veggies etc. Fill out the boxes below during the week to give yourself time to reflect and to stay on top of your goals.

I'M GRATEFUL FOR

MY WHY

MY THREE GOALS/INTENTIONS THIS WEEK:

- 01 _____
- 02 _____
- 03 _____



HABITS

- 01 Daily Movement (Cardio or Strength)
- 02 Goal/Intention 1
- 03 Goal/Intention 1
- 04 Goal/Intention 1
- 05 Self-Care Routine
- 06 _____

	S	M	T	W	T	F	S
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HEALTHY EATING PRINCIPLES



What does that look like in daily living if you're wanting to build a healthier, more balanced diet?

1. Eat smaller more frequent meals/snacks - aim for every 3-4 hours.
Example: breakfast, snack, lunch, snack, dinner, snack (if required)
2. Eat breakfast everyday within one hour of waking up.
3. Drink 3-4L liters of water daily.
4. Limit or avoid alcohol, sugary drinks, artificial sweeteners. Don't drink your calories!
5. Eat proper portion sizes (using smaller plates can help). Don't eat to the "feeling of full," rather; stop just before it.
6. Be prepared! Keep health snack options with you so you aren't starving yourself or reaching for fast food/convenience foods.
7. Don't be afraid of healthy fats. Consuming them will help to lean out your body composition. (Ex. avocado, nuts, coconut oil, olive oil, fatty fish, etc.) Aim to keep cheese to a minimum.
8. Eat a combination of lean protein and complex carbohydrates at every meal/snack. (Ex. hummus & veggies, fruit & nuts etc.)
9. Try and keep daily sugar consumption to 25g or less (read labels)
10. Choose things that are higher in fiber, especially for carbohydrates (brown rice, quinoa, whole grain, etc.).
11. Ask yourself "what nutrition value does this have" before deciding to eat something.
12. Practice the 80/20 principle: eat healthy 80% of the time, and 20% of the time enjoy the less nutritious options. (Or whatever breakdown works for you - 60/40, 70/30).
13. Limit fast food/eating out (or make nutritious choices when dining out) and practice meal prepping and preparing your own food.
14. Read labels and understand them. Remember that items are listed in order of their quantity in a product.
15. Make healthier versions of the things you like and get inspired by the thousands of blogs/cook books out there.

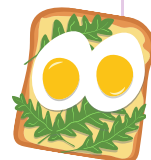


CHANTELLE'S SAMPLE DAILY MENU

BREAKFAST (6 - 7AM)

- 1 Egg + 1-2 servings egg whites with 1 piece of toast/Protein Up Wrap w/avocado or nut butter
- Plain oatmeal (steel cut is best) with nut butter or nuts or berries, etc.
- Protein pancakes

**Additional additives: Turkey bacon, veggies to eggs, extra piece of toast



MORNING SNACK (9 - 10AM)

Hydration: 1 - 2L of water by this time.

- Apple w/1 Tbsp peanut butter or string cheese, or serving of almonds
- Protein bar (good for after workout) or protein shake
- Protein energy balls



LUNCH (12 - 1PM)

- Lean protein: chicken, ground turkey, shrimp, beef, fish, chickpeas, lentils, tofu, sandwich meat (turkey, chicken), canned tuna/salmon etc. PLUS 1/4 cup (low carb days) or 1/2 cup (very active days) brown rice/quinoa/cauliflower rice (low carb days)/sweet potato/Protein Up Wrap PLUS 2 cups hot or cold vegetables: salad w/dark leafy greens, green beans, broccoli, peppers, asparagus, etc.



SNACK (3 - 4PM)

Hydration: 2 - 3L of water by this time.

- 2 Plain Rice Cakes with nut butter or avocado/hummus
- Veggies with hummus/light salad dressing
- Protein bar
- Deli meat roll ups



DINNER (5 - 7PM)

Hydration: 3 - 4L of water by this time.

- Similar to lunch. Omit starchy carb if you will be sedentary in the evening. Add 1/4 cup of a starchy carb if you are running or spinning before 7AM.



SNACK (ONLY IF STILL HUNGRY)

- Plain Greek yogurt w/berries
- 3 cups of air popped popcorn with 1 Tbsp coconut oil or butter/sprinkle of salt
- Rice Cake with nut butter/avocado
- 1 serving of nuts
- Protein bar or protein shake if you've done an evening workout



RESOURCES

LIST OF BLOGS TO INSPIRE YOU

- skinnytaste.com
- ambitiouskitchen.com
- nutritionistinthekitch.com
- theleangreenbean.com
- handsheeatclean.com
- lexiscleankitchen.com
- minimalistbaker.com
- www.loveandlemons.com
- www.eat-yourself-skinny.com
- chocolatecoveredkatie.com
- www.cookieandkate.com

COOKBOOKS TO MAKE MEALS EASIER

- Oh She Glows Cookbook
- Lexi's Clean Kitchen
- Whole 30
- Minimalist Baker's Everyday Cooking
- Forks Over Knives
- Thug Kitchen
- Run Fast, Eat Slow
- Minimalist Baker
- The Skinny Taste Cookbook