

THE **'PAUSE** LIFE

*Welcome To The 28-Day (peri / meno / post)*

# 'Pause Strong Challenge!

PAUSE



*Strong Hearts. Strong Bones.  
Strong Minds. Strong Life.*



I'm so excited you have decided to join me for this 28-Day Challenge! My book, [\*The New Menopause\*](#), contains an all-inclusive review of symptoms and solutions but for this challenge, I've chosen the **five most powerful changes you can incorporate into your daily life to combat symptoms of menopause while creating strength and resilience.**

For the next 28 days we will focus on the following five lifestyle changes. If you're already reaching the goal listed in each focus, good for you! Don't worry—I've added a bonus so you can level up your healthy habits!

*Strong Hearts.  
Strong Bones.  
Strong Minds.  
Strong Life.*

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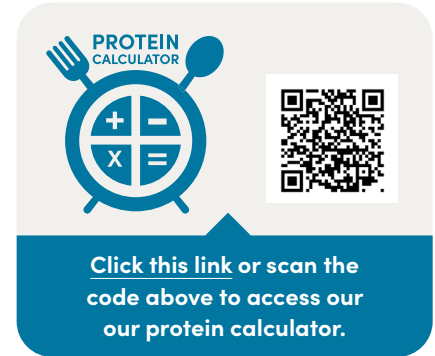
# Challenge Overview: *Steps to a Stronger You*

## 1 Consume Adequate Protein Each Day

**Challenge:** Aim for 1.5 grams of protein per kilogram of preferred body weight.

**Bonus:** Aim for 1.8 grams of protein per kilogram of preferred body weight.

**Note:** We've created a great protein calculator tool to make this easy for you! This tool converts your preferred weight in pounds to kilograms and provides a range based on your activity level. Staying within the suggested range is a success! No need to be exact!



## 2 Consume Adequate Fiber Each Day

**Challenge:** Aim for at least 25 grams of fiber each day.

**Bonus:** If you're already consuming around 25 grams of fiber each day, work to slowly increase your intake to 30–45 grams per day. This is where we see the biggest cardiovascular benefit.

**Note:** [Supplementing](#) to push you to the upper limit is ok!

## 3 Daily Journaling for Stress Reduction

**Challenge:** Journal every day. There is space provided in this guidebook.

**Bonus:** Begin a meditation practice with an app like HeadSpace or Calm, or find some free guided meditations on YouTube.

## 4 Consume 30 Plants Each Week

**Challenge:** Throughout the course of the week, work to consume a variety of plant-based foods so that by the end of the week, you've eaten 30 different plants over the course of the week.

**Bonus:** Try new-to-you nuts, seeds, vegetables, fruits, herbal teas, coffees, coffee alternatives or grains. Or, aim for 40 or more different plants per week. (Different colors of similar plants are a great way to hit your goal! Rainbow carrots, anyone?)

## 5 Exercise 5 Days Each Week

**Challenge:** Walk at least 3 days and lift weights in a full-body workout at least 2 days each week

**Bonus:** Walk with a weighted vest, increase your total steps, and/or add another day of weight training to your week. [If you need a weighted vest, this is the one I love.](#)

# Introduction

## The Strong Evolution

As a board-certified OB-GYN with over 20 years in clinical practice, I have always prided myself on my commitment to my specialty and my ability to actively listen to my patients. Whatever stage of “the ‘pause” my patients were in, I understood it could be very confusing and a difficult transition to navigate.

Then...I became a menopausal woman, and then I really *understood*. I was able to relate to these complaints through my own experience of sweat-soaked sleepless nights, annoying and unhealthy increase in body fat (particularly around the middle), brain fog, significant hair loss, drying skin and diminishing muscle mass.

When I became more active on social media, I discovered just how many women in perimenopause or menopause were needlessly suffering and desperate for help. The stories shared often described feelings of isolation and distress as a result of the collection of disruptive symptoms related to the menopause transition. More often than not, women shared with me that they don't feel supported by friends or family members, and worst of all, by their doctors and other healthcare providers. Years later, day after day, throngs of women continue to write to me, expressing that they are being denied the legitimacy of their symptoms and are left in utter despair.

Considering women's collective experience, spending countless hours researching and relying on my medical insight I have created a comprehensive approach to managing the menopause transition with nutritional strategies, exercise and stress reduction techniques. I have committed myself, my medical practice and my platform to provide educational support and resources exclusively for the menopausal woman.

My hope is that this 28-day challenge will help you create habits and develop strategies to build a foundation of health. There are no magic pills, but with patience and determination, you are likely to increase not only your **lifespan**, but your **health span**!

## Creating a Shift in Mindset

For these recommendations to be effective, there must be a shift in mindset. To avoid living the last third of our lives in poorer health, we must switch our focus and inner dialogue to **strong over skinny** and **nutrition over calories**. The daily journal prompts provided as part of this challenge can help you to develop some goals for yourself and to commit to working towards achieving them.

While admittedly not easy, shifting your mindset from one of “diet” to one of “health” helps you focus on creating habits and daily choices to create the life you want, without feeling deprived or that this way of living is temporary. Instead of thinking about what you “should” take away, I encourage you to **consider what you can add**. This simple shift in your thinking can make life so much sweeter and **make you a whole lot stronger!**

Gone are the days of endless hours of cardio and calorie restriction. I implore you to welcome the days of fueling your body with adequate nutrition, preserving and protecting your muscles and bones with resistance training, and moving your body to maintain and improve your cardiovascular health.

**What you do today will affect the woman you are in twenty or thirty years, so it's time to get serious! Let's go!**

As you begin your health journey, take some time to name your “why”. Make a detailed list of all the reasons you have chosen to focus on your health. This will be such a valuable resource for you to look at over the coming days and weeks, to remind yourself why you started in the first place.

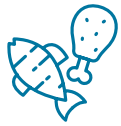
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- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

☐ Strength \_\_\_\_\_

# Your Daily Goals

Let's get into some details about each challenge component so you understand why they are important.



**Protein:** Aim for 1.5 grams of protein per kilogram of preferred body weight.

Protein is required to prevent sarcopenia (muscle loss), osteopenia (lower than normal bone density) and osteoporosis (more serious progression of osteopenia, increasing the risk of fractures and breaks).

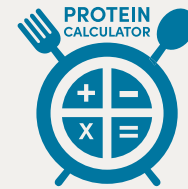
Sadly, most people only eat a fraction of the necessary amount of protein to meet biological needs, and typically, people eat most (if not all) of their protein for the day, at dinner.

To maintain muscle at any age, it is best to eat your protein throughout the day, not just at one meal. Women in midlife should aim to consume at least 1.5 grams of protein per kilogram of preferred weight (in kilograms), and more if she has a tough time maintaining or creating muscle or is an endurance athlete.

**To include more high-quality protein in your diet**, try replacing processed carbs with high-quality protein. It can reduce your risk for heart disease and stroke, and you'll also feel full longer, which can help you maintain a healthy weight.

- **Reduce the amount of simple carbohydrates** you consume—from foods such as pastries, cakes, pizza, cookies and chips—and replace them with fish, beans, nuts, seeds, peas, chicken, dairy, soy and tofu products..
- **Replace simple carbs** such as processed and refined crackers, chips and foods without much nutritional value with complex carbs, which contain both more protein and fiber such as quinoa, oats, whole wheat bread, vegetables, fruits (especially berries), and legumes like beans and lentils
- **Snack on nuts and seeds instead of chips**, replace a baked dessert with Greek yogurt, or swap out slices of pizza for a grilled chicken breast and a side of beans.
- **Consider adding dairy, soy or tofu** to a smoothie or as a scramble, or in a healthy mousse treat for a plant-based protein boost!

Refer to page 25 for a list of protein source recommendations and for more information read [\*The Power of Protein and Resistance Training\*](#).



Click this link or scan the code above to access our protein calculator.

**To track your protein intake**, you'll need a [digital scale](#) to weigh your servings and a nutrition-tracking app. My favorite is [Cronometer](#), but you can use any app you like. Remember that our goal is to break free of the diet culture of our pasts, so try not to get too hung up on achieving perfection here. If you're unable to get close to your goal, start by increasing your current protein consumption in small increments and work your way up over the course of weeks or months.

Please remember, your protein goal is not set in stone and plus or minus a few grams is not a big deal. The purpose of having a protein goal is to give you a number to work towards. Perfection is not necessary. Success is in the progress you make!

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## **Fiber:** Aim for at least 25 grams of fiber each day.

Fiber is a prebiotic, which means it nourishes the health-promoting microbes in your digestive tract, creating a healthy environment where microbes can thrive. By strengthening the good microbes in your body, fiber helps prevent harmful microbes from taking over and disrupting your body's natural systems.

### **There are two types of fiber that you need to ensure you are consuming each day.**

- 1 Soluble Fiber:** meaning it dissolves in water—can aid in digestion, control blood sugar and cholesterol and protect the insides of our arteries. Some examples of foods with soluble fiber are oat bran, dried beans and peas, nuts, barley, flaxseed, oranges, apples and carrots. It also works to keep you fuller, longer.
- 2 Insoluble Fiber:** meaning it does not dissolve in water—is primarily found in whole grains such as brown rice and whole wheat, green beans, leafy greens, the skins of root vegetables, seeds and nuts. It helps keep food moving along, getting rid of waste and toxins. In doing so, it promotes bowel health and regularity while supporting insulin sensitivity, which may also help reduce the risk of developing diabetes.

### **Fiber can help:**

- Increase insulin sensitivity and decrease insulin resistance
- Decrease the risk of prediabetes and Type 2 Diabetes
- Regulate blood sugar levels and improve lipid profiles
- Optimize the gut microbiota and help it work for us
- Decrease our risk of chronic inflammation, cardiovascular disease and mortality
- Decrease depression
- Protect our intestines and colon, help motility and help prevent colorectal cancer

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Refer to page 26 for a list of fiber source recommendations and for more information read [\*The Power of Fiber\*](#).

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**To track your fiber intake,** you'll need a [digital scale](#) or some [measuring cups and spoons](#) as well as a nutrition tracking app. Again, my favorite is [Cronometer](#), but you can use any app you like.

Some of the best sources of fiber-rich foods are berries, beans, whole grains and fruits and vegetables with skins on. Lucky for us, our number four focus is consuming 30 different plants per week. That alone will ensure you're consuming plenty of fiber! If however, you're having trouble reaching your goal, consider supplementing fiber with a high quality supplement such as [The 'Pause Nutrition Fiber GDX](#).

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## Journaling: Write down your thoughts every day.

Managing stress is a critical part of managing our menopause transition. Not only does stress downgrade our quality of life, but it can also lead to high levels of stress hormones, such as cortisol, which, when elevated, can cause and exacerbate the metabolic dysfunction brought on by the hormone shifts of menopause. Stress hormones weaken the immune response, promote high cholesterol, and reduce the use of glucose by your muscle tissues, increasing the risk of high blood sugar, insulin resistance and type 2 diabetes.

Studies have shown that daily journaling is an effective practice for counteracting the negative effects of stress. In fact, according to the University of Rochester Health Encyclopedia, journaling may help to manage anxiety, reduce stress, cope with depression, problems and concerns. Creating a safe and healthy way to express yourself—even if it's just to yourself—may provide a beneficial way to manage and work through emotions.

### Some tips for getting started:

- 1 Pick a journal that works for you and appeals to you. You may wish to get yourself a nice pen or some colorful pens to suit your mood. We've provided a wonderful journal with prompts to use, but if you prefer to create a document and type your thoughts out on your computer that is absolutely fine. What you use isn't as important as how appealing it is to you.
- 2 Set aside a specific time each day to journal. **Our journal prompts encourage you to set intentions for your day, so perhaps journaling first thing in the morning works well for you.** Or if you prefer to get it all out before going to bed, you can always set your intentions for the following day. The key is finding a time that will be a priority for you and won't be pushed aside for other pressing activities.
- 3 Just begin writing! Don't judge yourself or what you're writing. Start writing based on what the prompt brings to mind for you.
- 4 Keep your journal private. When you know what you are writing is only for you, you will feel less inhibited in writing down your thoughts and feelings.

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- <https://www.healthline.com/nutrition/12-benefits-of-meditation#stress>

# Your Weekly Goals

While you may work on these daily, it's about what you complete for the week.



## Consume 30 Plants: Aim to eat 30 plants over the course of the week.

A higher intake of fruit and vegetables has been associated with lower mortality and eating a variety of plant foods is important for the health of your gut microbiome, or the community of bacteria that live in your gut. Eating a variety of colorful fruits and vegetables ensures you're getting a mix of essential vitamins, minerals, fiber, and polyphenols. These compounds not only give plants their vibrant colors but also provide antioxidant and anti-inflammatory benefits. By "eating the rainbow," you're fueling your body with diverse nutrients that support overall health and vitality.

Red and orange fruits and vegetables such as apples, cherries, strawberries, raspberries, apricots, carrots, red bell peppers, radishes, red cabbage, red and sweet potatoes and tomatoes are especially high in vitamin A, vitamin C, potassium, and Vitamin K. Consuming a variety of red and orange foods may help reduce your risk of cancer, help manage your blood pressure, protect your eyesight and improve your dental health!

**Dark Green Fruits and Vegetables:** Dark green fruits and vegetables such as green apples, avocados, asparagus, bell peppers, broccoli, celery, cucumbers and leafy greens are a great source of fiber, folate and carotenoids, contain vitamins C and K and the minerals iron and calcium. They act as antioxidants in the body, removing free radicals before they become harmful. Research has found that consumption of green vegetables can stop the growth of certain types of cancers, including breast, skin, lung, stomach, pancreatic and colorectal cancer. For optimal absorption of these critical components, enjoy your dark green vegetables with some avocado or olive oil.

**Blue and Purple Fruits and Vegetables:** Blue and purple fruits and vegetables like purple grapes, blueberries, blackberries, plums, figs, eggplant, purple cabbage, purple kale, purple carrots and purple potatoes contain lutein, resveratrol, vitamin C, fiber and other important phytochemicals which help to prevent heart disease, stroke and cancer. They may also support your memory and healthy aging while protecting urinary tract health and regulating healthy digestion. In addition, they may help lower LDL cholesterol, improve calcium absorption and boost your immune system!

**White Fruits and Vegetables:** White fruits and vegetables such as bananas, pears, cauliflower, potatoes, garlic, ginger, jicama, parsnips, shallots and onions contain beta-glucans, EGCG (Epigallocatechin gallate, a health boosting plant compound), and lignans that provide powerful immune boosters. These nutrients also activate cells that may reduce the risk of colon, breast, and prostate cancers and optimize hormone levels, perhaps reducing the risk of hormone-related cancers.

Different plants contain different prebiotics, which in turn feed different bacteria. This means that eating a wide range of plants is likely to support the diversity of your gut microbiome. Keep in mind that the intended goal is to help you eat more plant foods. Here, close is good enough! Remember to count herbs and spices since even small amounts have been shown to have prebiotic potential for gut bacteria. Fruits, vegetables, whole grains, nuts, seeds, coffee, tea—even dark chocolate—are plant-based foods!

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To learn more, read [\*3 Ways Menopause Changes the Gut Microbiome + 3 Natural Solutions\*](#).

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## Exercise Walk at least three days and lift weights in a full-body workout at least two days each week

### The exercise goal for this challenge is two-fold.

- 1 Complete 3 sessions of walking or other cardiovascular activity each week.
- 2 Complete at least 2 full body resistance or weight lifting workouts each week.

Your cardio activity can be anything you feel you can sustain for 30 to 45 minutes. My all-time favorite activity is walking with a weighted vest, or walking more slowly on my treadmill at a fairly steep incline. Believe it or not, walking as little as 3–5 miles per week can help increase your bone health. And, moderate-intensity aerobic activity, which includes anything that gets your heart beating faster like walking, dancing, and biking, enhances cardiovascular health.

Resistance training is one of the best methods of retaining lean muscle mass and strength by causing muscles to contract against outside resistance. The resistance may come from your body weight, dumbbells, weight machines, or resistance bands. Another term for this type of exercise is strength training. Combining the benefits of increased protein intake with resistance training exponentially improves your muscle mass and bone health. Consider this: Increased protein intake and resistance training are the most prescribed non-pharmacological treatments used to maintain the health of aging populations because these two methods are incredibly effective tools to maintain muscle mass and reduce the risk of sarcopenia (loss of muscle mass) in menopausal women.

If you are new to resistance or weight training, I highly recommend you check out the two free 30-minute, [full body workouts](#) that my trainer [Holly Rillinger](#) created specifically for The 'Pause Strong Challenge. Her careful instruction will teach you how to lift with proper form and the workouts can be repeated over the course of this challenge and beyond! You can also look for beginner workouts on YouTube by searching a phrase such as “beginner full body weight training workout menopause”. If you have dumbbells or resistance bands, great! If not, consider purchasing some home equipment as an investment in your long-term health. You don't need much, maybe a set of light, medium and heavy-for-you weights and a yoga mat to provide a cushion for any exercises you may do on the floor.

If you have been completely sedentary, for the next four weeks, start small, and focus on walking for 5–10 minutes a day, using your own body weight as resistance or lifting with lighter dumbbells. If you are already achieving these exercise goals with ease, consider adding another day of weight lifting workouts, additional steps or intensity, or adding something different, like yoga, and take note of how you feel! Regular weight-bearing, resistance and flexibility sessions are necessary to build healthy bones.

A solid exercise routine contributes to a strong heart, strong muscles and bones, but also fuels a strong sense of confidence and well-being. Remember that fitness doesn't need to be fancy or complicated and that there are so many benefits to moving our bodies in some way each and every day! In the past you may have exercised with the purpose of losing weight or getting thin, but now you need to refocus and exercise to stay strong; to have a **strong heart, strong bones, strong muscles, strong mind and strong life!**

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# Your Daily Journal

## Day 1

As you begin your health journey, take some time to name your “why.” Make a detailed list of all of the reasons you have chosen to focus on your health. This will be such a valuable resource for you to look at over the coming days and weeks, to remind yourself why you started in the first place.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I’m grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I’m going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 2

In reviewing all the components of The ‘Pause Strong Challenge, what do you foresee as some obstacles you have to work through? What’s your plan to overcome these obstacles as they present themselves?

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I’m grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I’m going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 3

Learn if your current nutritional habits are causing or fighting inflammation with our nutritional [anti-inflammation quiz](#), and make a note of your score somewhere in the space below. Eating 30 plants each week may feel overwhelming right now, but remember that coffee, tea, nuts, whole grains and so many more delicious foods and drinks come from plants. When you think about it that way, eating 30 different varieties is achievable—and it's so good for you!

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 4

Schedule important meetings—WITH YOURSELF! Scheduling your walks, weighted workouts, or journaling as you would schedule any other important task will help you create the habit of showing up for yourself. You wouldn't cancel an important meeting with your boss, so don't cancel important meetings with yourself, the CEO of YOU!

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 5

If you're doing a weightlifting session today, write down the exercises you did with the weights you used so you can watch your strength improve over the coming weeks. If you're doing a cardio activity today, make note of what you did and/or the number of steps you took.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 6

How many steps did you take yesterday and the day before? How many steps are you committing to today? Write down your goal for today and stick to it! No excuses! Or, if you're weight training today, write down the exercises you did with the weights you used so you can watch your strength improve.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 7

Set yourself up! Use some time this weekend to prep your food for the upcoming week. If you have healthy options at the ready, making the healthy choice is a no brainer! If you're short on meal prep time, we've made it easy for you to find meals that are high-fiber and high-protein that can be delivered to your door. Visit [The 'Pause Life Meals](#) for more information or to place an order.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

\_\_\_\_\_

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How Did I Do  
This Week?

- # Plants
- # Days walking
- # Days lifting

## Day 8

Pat yourself on the back because you are officially one week into this journey! Take this time to reflect on the past seven days. Specifically, focus on what worked for you this week and what didn't. What might be helpful this upcoming week to ensure your continued success?

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 9

Fiber and protein check-in! Review your nutritional tracker to see how many days you've gotten close to or hit your protein and fiber goals. Having trouble? Refer to the protein and fiber cheat sheets on pages 24 and 25 for some suggestions.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 10

Are you struggling with something? Has an issue been weighing heavily on your mind? Consider writing it down! When you physically write down something that's bothering you, you will likely feel much better. If it is out of your control, writing it out allows you to mentally process the situation, then give it up to the universe. If it is something you can control, writing it down helps to brainstorm concrete actions you can take to resolve the issue or worry. If you would like more support, join us in our [FREE The 'Pause Life Community!](#)

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 11

With anything new, there will always be some success and some falling short. Taking time today to consider the past 10 days can offer perspective and clearer insight into what is working and what isn't. With this perspective, you can initiate change....That's what this entire process is about.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 12

Whether your workout happens this morning or this evening, take note of something your body allows you to do that makes you happy and proud. Our bodies are amazing and should be celebrated!

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 13

Revisit the weights you used on Day 5 or Day 6 and compare them with the weights you're using in your most recent workout. Are you lifting heavier? Notice how accomplished and strong you feel!

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 14

Today is the midway point of our challenge! What changes are happening to you? Are you noticing less joint pain? Perhaps better sleep? Write down all of the benefits you're experiencing and feel proud of the work you're doing!

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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How Did I Do  
This Week?

- # Plants  
 # Days walking  
 # Days lifting

## Day 15

What is one thing you can change in your day that can positively impact your attitude?

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 16

Where does your inspiration come from? Is it a specific quote or person who keeps you moving toward your goals? Whatever it is, write it on a sticky note and put it somewhere you will see it throughout the day as a constant reminder and for that extra push.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 17

With the hustle and bustle of daily life, there may be plenty of opportunities to be pulled away from your plan and goals. Consider what might be an obstacle for you and how you can mitigate whatever the concern might be. Remember, the goal is not to be perfect, but consistent.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 18

Too much of anything can be a bad thing, right? If you think that there might be something secretly sabotaging your success, challenge yourself to remove it from your routine this week. Likewise, too little of anything can be problematic. If there is something you should be doing more of, then challenge yourself this week to do that.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 19

Motivation is often fleeting and unreliable. Commitment and determination will keep you focused and moving forward. Use today to renew your commitment to yourself and remember why you started.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 20

Write down the first three adjectives that describe how your attitude has changed over the course of the last three weeks. Do any of these surprise you? Take the time to think and write about what surprised you.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 21

We are officially in week 3! Start this week off strong with a killer workout. You'll be amazed how it really can set the tone for your entire week!

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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How Did I Do  
This Week?

- # Plants  
 # Days walking  
 # Days lifting

## Day 22

Use today to try a new recipe that has caught your eye, but you haven't gotten around to yet. If you can't knock this out today, schedule a time during the week or this upcoming weekend and make it happen! [Share your recipe in our FREE Community!](#)

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 23

We wear many hats in our daily lives. It is all too easy to get swept up in familial, career, or relationship responsibilities and to lose or neglect yourself. It's always important to remember that if you are running on empty, there's nothing left to give.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 24

Hopefully, through this journey, you have begun to develop a fitness routine that you are comfortable and happy with. Today, your challenge is to level it up just a little bit. Aim for few more steps or increase your weights to challenge those muscles and bones! See what your body is capable of and you just might surprise yourself with how much you like it!

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 25

Be proud of the commitment you've made to yourself and for yourself. How do you feel emotionally and physically?

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 26

Hopefully, by now, you're consuming 30 different plants per week fairly easily. What new-to-you foods have you tried and how did you like them? What are your favorite, tried and true plants that you enjoy each and every day? Check your nutritional anti-inflammation score with our [online quiz](#) and compare it to the results from Day 3. Did it change?

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I'm grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I'm going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 27

Remember that “why” list you created on Day 1? It’s time to pull it back out. Have you already met some of your personal goals? Did you forget some of the reasons you started? Remind yourself that you are worth it.

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I’m grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I’m going to do just for me today:

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Observations/Victories/Celebrations:

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## Day 28

Congratulations! You have completed The ‘Pause Strong Challenge! You’ve accomplished so much and created some amazing new health habits. Don’t stop now! Keep it going!

### Daily Goals

- ☐ Protein ☐ Fiber ☐ Journal  
☐ Plants ☐ Exercise

I’m grateful for today: \_\_\_\_\_

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I intend to be/do today:

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I am letting go of today: \_\_\_\_\_

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Exercise plan: \_\_\_\_\_

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Two things I’m going to do just for me today:

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Observations/Victories/Celebrations:

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How Did I Do  
This Week?

# Plants

# Days walking

# Days lifting

# Protein Resources

## Dairy and Dairy Alternatives

Cottage cheese (low-fat) - 1 cup .....	28 grams
Greek yogurt (plain, non-fat) - 1 cup .....	23 grams
Tofu - 1/2 cup .....	20 grams
Tempeh - 1/2 cup .....	15 grams
Mozzarella cheese (part-skim)	
1 ounce .....	7 grams
Cheddar cheese - 1 ounce .....	7 grams

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## Fruits

Guava - 1 cup .....	4 grams
Avocado - 1 avocado .....	4 grams
Jackfruit - 1 cup .....	3 grams
Blackberries - 1 cup .....	2 grams
Kiwi - 1 cup sliced .....	2 grams

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## Grains and Grain Products

Quinoa - 1 cup cooked .....	8 grams
Brown rice - 1 cup cooked .....	5 grams
Oats - 1/2 cup cooked .....	5 grams

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## Legumes and Pulses

Lentils - 1 cup cooked .....	18 grams
Chickpeas - 1 cup cooked .....	15 grams
Black beans - 1 cup cooked .....	15 grams
Kidney beans - 1 cup cooked .....	15 grams
Green peas - 1 cup cooked .....	9 grams

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## Meat and Poultry

Chicken breast (skinless, boneless)	
3 ounces cooked .....	27 grams
Turkey breast (skinless, boneless)	
3 ounces cooked .....	26 grams
Bison - 3 ounces cooked .....	24 grams
Venison - 3 ounces cooked .....	23 grams
Lean beef (such as sirloin or tenderloin)	
3 ounces cooked .....	22 grams
Pork tenderloin - 3 ounces cooked .....	22 grams
Salmon - 3 ounces cooked .....	22 grams
Tuna - 3 ounces cooked .....	22 grams
Cod - 3 ounces cooked .....	20 grams
Shrimp - 3 ounces cooked .....	18 grams

## Nuts and Seeds

Hemp seeds - 3 tablespoons .....	10 grams
Peanut butter (unsweetened)	
2 tablespoons .....	8 grams
Almonds - 1/4 cup .....	7 grams
Walnuts - 1/4 cup .....	5 grams
Chia seeds - 3 tablespoons .....	5 grams

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## Seafood

Halibut - 3 ounces cooked .....	22 grams
Sardines - 3 ounces canned .....	21 grams
Mackerel - 3 ounces cooked .....	21 grams
Cod - 3 ounces cooked .....	20 grams
Swordfish - 3 ounces cooked .....	20 grams
Eggs and Egg Products:	
Egg whites - 1/2 cup .....	10 grams
Eggs - 1 large egg .....	6 grams

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## Vegetables

Spinach - 1 cup cooked .....	5 grams
Brussels sprouts - 1 cup cooked .....	4 grams
Broccoli - 1 cup cooked .....	4 grams
Asparagus - 1 cup cooked .....	4 grams
Artichokes - 1 medium artichoke .....	4 grams

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## Other Protein Sources

Protein powder (whey, casein, pea, or soy)	
1 scoop: .....	varies (usually around 20-25 grams)
Seitan - 3 ounces cooked .....	21 grams
Edamame - 1 cup .....	17 grams
Peanut butter (unsweetened)	
2 tablespoons .....	8 grams

*Note: Check nutrition labels for accurate information specific to brands. These values can also vary depending cooking methods.*

# Fiber-Rich Resources

## Breads

Pita (whole wheat) - 7 inches .....	4 grams
Bagel (whole wheat) - 3 1/2 inches .....	3 grams
Pumpernickel - 1 slice .....	3 grams
Rye - 1 slice .....	2 grams
Whole wheat - 1 slice.....	2 grams
Light white/wheat - 2 slices .....	1 gram

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## Fruit

Pear (w/ skin) - 1 medium.....	4 grams
Strawberries - 1 cup.....	4 grams
Apple (with skin) - 1 medium.....	3 grams
Orange - 1 medium .....	3 grams
Banana - 1 medium.....	2 grams
Blueberries - 1 cup .....	2 grams
Prunes - 3 .....	2 grams
Grapefruit - 1/2 cup .....	1 gram

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## Grains

Edamame pasta - 1/2 cup cooked.....	6 grams
Lentil pasta - 1/2 cup cooked.....	6 grams
Barley - 1/2 cup cooked .....	4 grams
Pasta (whole wheat) - 1/2 cup cooked .....	3 grams
Brown rice - 1/2 cup .....	2 grams
Quinoa - 1/2 cup cooked.....	2 grams

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## Legumes & Starchy Vegetables

Lima beans - 1/2 cup .....	7 grams
Kidney beans - 1/2 cup.....	6 grams
Lentils - 1/2 cup.....	5 grams
Garbanzo beans - 1/2 cup .....	4 grams
Green peas (cooked) - 1/2 cup .....	4 grams
Sweet potatoes - 1/2 cup cooked .....	4 grams
Potato (with skin) - 1 medium.....	3 grams
Squash (winter) - 1/2 cup.....	3 grams

## Nuts & Seeds

Chia seeds - 2 tbsp.....	10 grams
Flaxseed (ground) - 2 tbsp .....	4 grams
Almonds - 1/4 cup.....	3 grams
Peanuts - 1/4 cup.....	3 grams
Sunflower seeds - 1/4 cup .....	3 grams
Walnuts - 1/4 cup.....	2 grams
Hemp seeds - 2 tbsp .....	2 grams

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## Vegetables (Non-Starchy)

Brussel sprouts - 1/2 cup .....	4 grams
Broccoli - 1/2 cup.....	3 grams
Kale - 1/2 cup.....	3 grams
Cabbage (green) - 1 cup (fresh).....	2 grams
Carrots - 1/2 cup, cooked .....	2 grams
Green beans - 1/2 cup.....	2 grams
Spinach - 1/2 cup.....	2 grams
Cauliflower - 1/2 cup, cooked .....	1 gram
Squash (zucchini) - 1/2 cup .....	1 gram

## Keeping Track

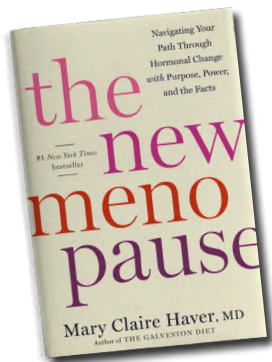
Day	Protein	Fiber	Journaling	Plant Consumption	Exercise
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27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I hope this challenge has helped you make educated decisions about what foods you consume and that you've learned to prioritize protein and plants.

Focusing on being strong over being skinny allows you the freedom to eat when you're hungry, stop when you're satisfied, and to do it all with joy and intention.

Congratulations on creating some powerful, healthy habits that will help you live life to the fullest!

*Strong Hearts. Strong Bones.  
Strong Minds. Strong Life.*



Learn even more about our comprehensive health approach!

- Pick up a copy of [The New Menopause](#) wherever books are sold.
- Check out the online [Enhanced Nutrition Program](#).
- For ready-made, high-protein, high-fiber meals delivered to your door check out [The 'Pause Life Meals](#).
- Join us for conversation, camaraderie support and continued education in our FREE online [The Pause Life Community](#).

THE **'PAUSE** LIFE