

WELCOME TO YOUR

# PAUSE *Strong*

JOURNEY

PAUSE



*28 Days of Nourishment,  
Movement and New Rituals*

THE PAUSE LIFE

# 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 by focusing on the Pause Strong roadmap I'm presenting to you, you'll 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 **healthspan**!

*What you do today will affect the woman you are for years to come, so **it's time to get serious!***  
**Let's go!**



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# 6 Powerful Practices for *Lifelong Health*



## Challenge #1

### Use an anti-inflammatory approach to nutrition

- **GOAL:** Focus on consuming whole, minimally processed foods instead of processed options.
- **BONUS:** Incorporate a wider variety of antioxidant-rich foods into your diet by mixing in colorful produce, nuts, legumes, and spices throughout the week.

**Note:** Take our [Nutritional Inflammation quiz](#) to determine your relative degree of inflammation for the past 24 hours. Take as often as you like!



## Challenge #2

### Consume adequate protein each day, based on your preferred body weight

- **GOAL:** Understand your unique protein needs, what protein fuels, and learn new ways to consume adequate protein.
- **BONUS:** Aim for 1.5 to 1.8 grams of protein per kilogram of your lean body mass or preferred 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!



## Challenge #3

### Consume 25g+ of fiber each day

- **GOAL:** Learn about different kinds of fiber, how to ensure you're getting each and how to ensure you're getting enough of each type.
- **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!



## Challenge #4

### Consume 30 plants each week

- **GOAL:** Reframe your thinking about food: Instead of thinking about calories, focus on trying new things and the power of variety.
- **BONUS:** Try new-to-you nuts, seeds, vegetables, fruits, herbal teas, coffees, coffee alternatives or grains. Or, aim for more different plants per week. (Different colors of similar plants are a great way to hit your goal! Rainbow carrots, anyone?)



## Challenge #5

### Walk 3+ days, lift weights at least 2 days

- **GOAL:** Walk 3+ days a week and lift weights as part of a full body workout two days a week.
- **BONUS:** Walk with a weighted vest, increase your total steps, and/or add another day of weight training to your week.



## Challenge #6

### Practice journaling each day

- **GOAL:** Journal every day. There is space provided in this journal.
- **BONUS:** Begin a meditation practice with an app like HeadSpace or Calm, or find some free guided meditations on YouTube.

# What Does It Mean To Be Pause Strong?

Let's talk about strong for a moment.

Strong is the starting point, but it does not look the same for everyone. Some paths feel straightforward. Others take longer, twist more, or require rebuilding in places you did not expect. That is normal. There is no single right pace and no universal roadmap. What matters is choosing tools that work, relying on evidence instead of guesswork, and building strength you can actually feel in your body and trust in your daily life.

Pause Strong is about learning how to support your health with intention. It is about asking better questions, making informed choices, and advocating for yourself with confidence. It is about improving not just how long you live, but how well you live. The goal is not perfection or restriction. The goal is a body that supports the life you want to lead.

This is the beginning of how you approach the next chapter of your life. Not a diet. Not a short-term fix. A way to establish practices that can sustain you for years to come.

And while muscle matters, especially in midlife, Pause Strong is about more than muscle alone. It is about physical strength, mental steadiness, and emotional resilience. It is about feeling capable in your body and grounded in your decisions.

There is no right time to start. No required fitness level. No prerequisite history of doing things perfectly. Wherever you are right now, you are in the right place. We build from here.

## 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 help you 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 encourage 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.

For more information and a deeper dive into the Pause Strong roadmap, join our [FREE community](#) and purchase the Pause Strong Online Program.



# #1 Use an *anti-inflammatory* approach to nutrition

**GOAL: Focus on whole foods.**



You may be thinking, “What is inflammation, and why is it such a big deal?” Inflammation is the body’s natural response to a stimulus such as injury, infection, foreign bodies, irritants, or even cancer. Acute inflammation is a normal and helpful process. For example, a cut on your finger becomes red, swollen, and tender, which shows your immune system at work. This type of inflammation removes the source of irritation or infection and speeds healing.

Chronic inflammation, however, is a different story. Instead of turning off once the threat is removed, it becomes a slow, ongoing and destructive process. Acting like a “slow-burning fire,” chronic inflammation continues to stimulate immune cells that attack healthy tissue. It can occur throughout the body, often goes unnoticed for long periods of time and can be linked to multiple health issues, including weight gain, fatigue, skin problems, mood disruptions, cognitive decline, digestive issues and serious diseases such as diabetes, heart disease, arthritis and cancer.

Consistently eating pro-inflammatory foods such as processed carbohydrates, preservatives and chemical additives can keep the inflammatory process active. Conversely, an anti-inflammatory diet focuses on whole, nutrient-dense foods that help fight cellular damage.

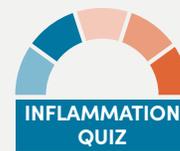
This includes

- Fiber-rich fruits, vegetables and whole grains
- Lean proteins such as fish, poultry, lean cuts of beef, pork, game
- Healthy fats from olive oil/olives, avocado oil/avocados, nuts and seeds
- Omega-3 fatty acids, found in fatty fish like salmon and mackerel or through supplements like Omega 3, vitamin D + K, are especially effective at supporting a healthy inflammatory response.

Variety is key, so incorporate a range of fruits, vegetables, nuts, legumes and spices rather than relying on a single food group.

When grocery shopping, a helpful strategy is to focus on the perimeter of the store, where fresh, single-ingredient foods are typically found, and to spend less time in the center aisles. If you do shop the center aisles, carefully read ingredient labels to ensure everything listed is something you might use in your own kitchen.

To see how your current habits impact inflammation, take the [Nutritional Inflammation Quiz](#) and revisit it as you make changes. By understanding inflammation and making mindful nutritional choices, you can support your overall health, prevent chronic disease and help your body function at its best.



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# #2

## Consume an adequate amount of **protein** each day

**GOAL: Consume 1.5 g of protein per kilogram of preferred body weight each day**



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).

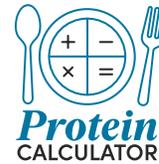
Sadly, most people only eat a fraction of the necessary amount of protein to meet biological needs, and typically, people eat most (if not all) of their protein for the day, at dinner.

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 their preferred body weight (in kilograms), and more if you have a tough time maintaining or creating muscle or are 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** like processed and refined crackers and chips with more nutritious options that provide 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 in a healthy mousse treat for a plant-based protein boost!
- **Supplement when needed** for convenience or if you're struggling to meet your protein requirements from food alone. A great option is [The 'Pause Nutrition Protein + Creatine](#). Two essentials, one easy scoop.

**REFER TO** page 26 for a list of protein source recommendations, and for more information read [The Power of Protein and Resistance Training](#).



**Protein**  
CALCULATOR



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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# #3

## Consume adequate fiber

GOAL: Consume 25 g+ 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 27 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 challenge is consuming 30 different plants per week. That alone will ensure you're consuming plenty of fiber! If 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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# #4

## Consume 30 plants each week

GOAL: Eat the rainbow.



A higher intake of fruits 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:** 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 phytoestrogens 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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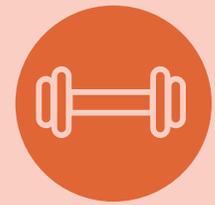
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# #5 *Walk 3+ days, lift weights at least 2 days*

GOAL: Exercise!



## 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, also called weight lifting or strength 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. 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! You may have exercised before to lose weight or get thin, but now the focus is strength: **a strong heart, bones, muscles, mind and life.**

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# #6

## Practice journaling each day

GOAL: Reduce stress.



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, and cope with depression, problems and concerns. Creating a safe and healthy way to express yourself, even if just for your eyes only, 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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# Your Daily Journal

## Day 1

As you begin your healthspan 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.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> Exercise |

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

---

---

I intend to be/do today:

---

---

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

---

---

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

---

---

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

---

---

Observations/Victories/Celebrations:

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## Day 2

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

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> Exercise |

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

---

---

I intend to be/do today:

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

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---

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

---

---

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 [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!

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> Exercise |

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

\_\_\_\_\_

\_\_\_\_\_

I intend to be/do today:

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

Observations/Victories/Celebrations:

\_\_\_\_\_

\_\_\_\_\_

## 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!

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> Exercise |

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

\_\_\_\_\_

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I intend to be/do today:

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

Observations/Victories/Celebrations:

\_\_\_\_\_

\_\_\_\_\_

## 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.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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: \_\_\_\_\_

---

---

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.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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: \_\_\_\_\_

---

---

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 pre-prepared or ready for you to cook fresh. Visit [The 'Pause Life Meals](#) or [Hello Fresh](#) based on your preference. Visit [The 'Pause Life Meals](#) for more information or to place an order.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> Exercise |

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

\_\_\_\_\_

\_\_\_\_\_

I intend to be/do today:

\_\_\_\_\_

\_\_\_\_\_

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 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?

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> Exercise |

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

\_\_\_\_\_

\_\_\_\_\_

I intend to be/do today:

\_\_\_\_\_

\_\_\_\_\_

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:

\_\_\_\_\_

\_\_\_\_\_

**How Did I Do  
This Week?**

- |                          |                |
|--------------------------|----------------|
| <input type="checkbox"/> | # Plants       |
| <input type="checkbox"/> | # Days walking |
| <input type="checkbox"/> | # Days lifting |

## 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 26 and 27 for some suggestions.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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!](#)

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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!

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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!

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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: \_\_\_\_\_

---

---

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!

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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?

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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:

\_\_\_\_\_

\_\_\_\_\_

## 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.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> Exercise |

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

\_\_\_\_\_

\_\_\_\_\_

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:

\_\_\_\_\_

\_\_\_\_\_

## 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.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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. Revisit your intentions on page 5.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> Exercise |

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

---

---

I intend to be/do today:

---

---

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

---

---

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

---

---

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!

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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!](#)

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> Exercise |

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

---

---

I intend to be/do today:

---

---

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.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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!

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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? Take a moment to notice and appreciate how far you've come.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> Exercise |

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

\_\_\_\_\_

\_\_\_\_\_

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:

\_\_\_\_\_

\_\_\_\_\_

## Day 26

Hopefully, by now, you're consuming close to 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 inflammation score with our [online quiz](#), and compare it to the results from Day 3. Did it change?

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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:

\_\_\_\_\_

\_\_\_\_\_

## 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.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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

You have completed the first 28 days of Pause Strong! You’ve accomplished so much and created some amazing new health habits. Don’t stop now! Keep it going! If you haven’t yet enrolled in the [Pause Strong Online Program](#), now is a great time to consider it. Empower yourself with the facts you need to build the life you deserve.

### Challenge Tracker

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Protein  |
| <input type="checkbox"/> Fiber             | <input type="checkbox"/> Plants   |
| <input type="checkbox"/> Journal           | <input type="checkbox"/> 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?

- |                      |                |
|----------------------|----------------|
| <input type="text"/> | # Plants       |
| <input type="text"/> | # Days walking |
| <input type="text"/> | # Days lifting |

# Protein Resources

## Dairy and Dairy Alternatives

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

---

## Fruits

<b>Guava</b> - 1 cup .....	4 grams
<b>Avocado</b> - 1 avocado .....	4 grams
<b>Jackfruit</b> - 1 cup .....	3 grams
<b>Blackberries</b> - 1 cup .....	2 grams
<b>Kiwi</b> - 1 cup sliced .....	2 grams

---

## Grains and Grain Products

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

---

## Legumes and Pulses

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

---

## Meat and Poultry

<b>Chicken breast</b> (skinless, boneless) 3 ounces cooked .....	27 grams
<b>Turkey breast</b> (skinless, boneless) 3 ounces cooked .....	26 grams
<b>Bison</b> - 3 ounces cooked .....	24 grams
<b>Venison</b> - 3 ounces cooked .....	23 grams
<b>Lean beef</b> (such as sirloin or tenderloin) 3 ounces cooked .....	22 grams
<b>Pork tenderloin</b> - 3 ounces cooked .....	22 grams

---

## Nuts and Seeds

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

---

## Seafood

<b>Salmon</b> - 3 ounces cooked .....	22 grams
<b>Tuna</b> - 3 ounces cooked .....	22 grams
<b>Cod</b> - 3 ounces cooked .....	20 grams
<b>Shrimp</b> - 3 ounces cooked .....	18 grams
<b>Halibut</b> - 3 ounces cooked .....	22 grams
<b>Sardines</b> - 3 ounces canned .....	21 grams
<b>Mackerel</b> - 3 ounces cooked .....	21 grams
<b>Cod</b> - 3 ounces cooked .....	20 grams
<b>Swordfish</b> - 3 ounces cooked .....	20 grams

## Eggs and Egg Products:

Egg whites - 1/2 cup .....	10 grams
Eggs - 1 large egg .....	6 grams

---

## Vegetables

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

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## Other Protein Sources

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

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

# Fiber-rich Resources

## Breads

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

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## Fruit

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

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## Grains

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

## Legumes & Starchy Vegetables

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

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## Nuts & Seeds

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

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## Vegetables (Non-Starchy)

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

# Keeping Track

Day	Protein	Fiber	Journaling	Plant Consumption	Exercise
1	<input type="checkbox"/>				
2	<input type="checkbox"/>				
3	<input type="checkbox"/>				
4	<input type="checkbox"/>				
5	<input type="checkbox"/>				
6	<input type="checkbox"/>				
7	<input type="checkbox"/>				
8	<input type="checkbox"/>				
9	<input type="checkbox"/>				
10	<input type="checkbox"/>				
11	<input type="checkbox"/>				
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22	<input type="checkbox"/>				
23	<input type="checkbox"/>				
24	<input type="checkbox"/>				
25	<input type="checkbox"/>				
26	<input type="checkbox"/>				
27	<input type="checkbox"/>				
28	<input type="checkbox"/>				

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

I hope you feel more empowered to 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.

If you're ready to dive even deeper, I'm thrilled to introduce you to the Pause Strong Program, available in the [FREE 'Pause Life Community](#). This course is designed to provide you with a detailed examination of what's in my Menopause Toolkit along with strategies to help you integrate these tools into your everyday life.

Learn much more about each of the powerful, evidence-based habits and rituals I recommend, including nutrition, exercise, pharmacology, sleep, stress reduction and community. I have included bonus lessons that include comprehensive reviews of topics such as skin and hair changes, the musculoskeletal syndrome of menopause and much more!

There is no quick fix when it comes to improving your healthspan, but with patience and determination, the habits and rituals you incorporate into your lifestyle can enhance well-being, improve energy, help counteract menopausal symptoms and allow you to live the life you deserve.

***Join our [FREE Community](#) today.***

Enroll in the Pause Strong Program, use code STRONG20 and save 20% on lifetime access to this valuable resource.

**PAUSE** Strong  
PROGRAM



## Learn even more about our comprehensive health approach!

- Pick up a copy of [The New Menopause](#) wherever books are sold.
- Pre-order [The New Perimenopause](#), available April 7, 2026, wherever books are sold.
- If you need help simplifying mealtime, [Hello Fresh](#) offers pre-portioned, high-protein, high-fiber recipes, while ['Pause Life Meals](#) provides fresh, ready-to-eat options made from locally sourced ingredients that can accommodate dietary preferences like gluten free, vegan, or vegetarian.
- Join us for conversation, camaraderie, support and continued education in our FREE online [The 'Pause Life Community](#).