My CHECKLIST FOR THE WEEK!

1 Fruit Power:

Try to build up to 3 servings of fruit per day over the course of the week—or at least more than you've been eating! Keep a written log of your progress.

(If eating more fruit doesn't make sense to you, it will when you watch the recording from last night).

2 Plan:

Decide how you can make it easy to incorporate more fruit into your daily life.

3 Baselines:

Take your "before" pictures, record your starting weight, and any relevant health numbers.

4 Movie Date:

Schedule a specific time in your calendar to watch the film.

5 Health Note:

If you are on medication, please remember to talk to your doctor about monitoring your dosage levels. Changes can happen quickly with a whole-food, plant-based (WFPB) lifestyle!

Small steps. Big changes. You've got this!