

START TODAY

A Yearlong Guide To Health & Wellbeing



**Simple strategies to feel strong,
energised, and confident every day.
Your guide to building habits that last a
lifetime. Starting today.**

BY MARTA DECARLI



Welcome to Your Year of Wellness

Welcome to my simple, yearlong guide designed to support you in feeling your best. Whether you're just beginning your wellness journey or looking for new strategies to maintain a healthy lifestyle, this guide is here to empower you every step of the way.

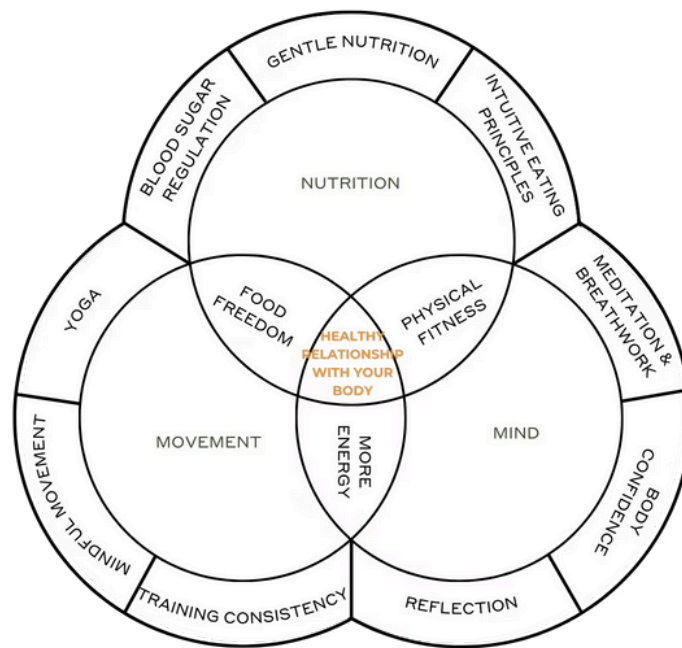
The distinctive strength of this guide lies in its integration of years of in-depth research and proven practices in functional medicine, gentle nutrition, intuitive eating, behavioral science, mindfulness, and movement. This wealth of expertise is seamlessly combined with personal insights from my own wellness journey and transformative experiences shared by my clients.

“The groundwork for all happiness is good health.”
— Leigh Hunt

The Foundations of Health: Nutrition, Movement, Mindset

I have developed a simple methodology that has, and continues to support hundreds of women in finding confidence in their body.

Combining **nutrition**, **movement**, and **mindset** coaching we create a powerful synergy for holistic health. Together, these elements create a comprehensive approach to wellbeing, ensuring balance and long-term success.



The **Gentle Nutrition** approach—a harmonious blend of intuitive eating principles and scientifically-backed practices, fostering a positive relationship with food and nourishing our body with intention and mindfulness.

My philosophy rejects the notion of exercise as punishment and instead suggests an enjoyable, **intuitive approach to physical activity**.

The power of positivity fuels transformative change! My work is dedicated to exploring the profound impact of a positive mindset on behaviour change. I believe that the key to sustainable transformation and long-lasting change lies in cultivating a **positive mental attitude**.

Journaling Exercises for Self-Reflection



Starting Strong: Laying the Foundation for Your Wellness Journey

01

Clarifying Your "Why" with Yearly Goal Setting

Connect with your deeper motivation and set clear, actionable intentions for the year ahead.

02

Intentional Goal Setting and Reflection

Reflect on your aspirations, refine your goals, and align them with your deeper motivations.

03

Visioning Your Best Self

Create a vivid, inspiring vision of your ideal self and align your habits with long-term aspirations.

Clarifying Your "Why" with Yearly Goal Setting

WHY IS FEELING ENERGISED, STRONG, AND CONFIDENT IMPORTANT TO ME THIS YEAR?

WHAT THREE LONG-TERM HEALTH AND WELLNESS GOALS DO I WANT TO ACHIEVE IN THE NEXT 12 MONTHS?

HOW CAN I BREAK EACH GOAL INTO SMALLER, MICRO SMART GOALS TO BUILD MOMENTUM?

Smart Goals

THE GOAL: _____

GOALS	GOAL 1	GOAL 2	GOAL 3
SPECIFIC: DESCRIBE YOUR GOAL IN DETAIL			
MEASURABLE: LIST THE MEASURES YOU WILL USE TO TRACK YOUR GOAL			
ATTAINABLE: LIST THE ACTIONS YOU NEED TO TAKE TO REACH YOUR GOAL			
RELEVANT: DESCRIBE WHY THIS GOAL IS WORTH ACHIEVING FOR YOU			
TIMED: WRITE THE DATE YOU WILL ACHIEVE THIS GOAL BY			

Intentional Goal Setting and Reflection

REFLECTING ON WHERE I AM NOW, WHAT ARE THREE KEY AREAS I WANT TO FOCUS ON THIS YEAR (E.G., PHYSICAL HEALTH, EMOTIONAL WELL-BEING, OR PERSONAL GROWTH)?

WHAT IS ONE SPECIFIC STEP I CAN TAKE FOR EACH FOCUS AREA TO START BUILDING PROGRESS IMMEDIATELY?

HOW WILL I KNOW I'M MOVING IN THE RIGHT DIRECTION, AND WHAT WILL SUCCESS LOOK LIKE BY THE END OF THE YEAR?

Visioning Your Best Self

IF I COULD DESCRIBE MY MOST ENERGISED, STRONG, AND CONFIDENT SELF AT THE END OF THIS YEAR, WHAT WOULD THAT LOOK AND FEEL LIKE?

WHAT HABITS OR ROUTINES WILL I NEED TO PRIORITISE TO BECOME THIS VERSION OF MYSELF?

WHAT IS ONE SIGNIFICANT GOAL I CAN COMMIT TO NOW, AND HOW CAN I BREAK IT INTO MANAGEABLE STEPS USING SMART CRITERIA? FILL OUT TABLE ON NEXT PAGE

Smart Goal

THE GOAL: _____

<p>SPECIFIC: DESCRIBE YOUR GOAL IN DETAIL</p>	
<p>MEASURABLE: LIST THE MEASURES YOU WILL USE TO TRACK YOUR GOAL</p>	
<p>ATTAINABLE: LIST THE ACTIONS YOU NEED TO TAKE TO REACH YOUR GOAL</p>	
<p>RELEVANT: DESCRIBE WHY THIS GOAL IS WORTH ACHIEVING FOR YOU</p>	
<p>TIMED: WRITE THE DATE YOU WILL ACHIEVE THIS GOAL BY</p>	



Nutritional Plan Resources

Nutrition for Women Made Simple

Let's get practical. In this section you will find a general overview of what a healthy and balanced nutritional plan looks.

Please note: this guide **does not** take into consideration any of your personal details, so it is up to you to take what you need as a general recommendation and tailor it to your age, ethnicity, menstrual cycle, medical conditions, dietary preferences and requirements. For any specific questions or concerns, please feel free to reach out directly.

10 Practical Steps to Ensure More Energy & Sustainable Weight Management

1. Wake up at the same time every day & drink 0.5lt - 1lt of water before doing anything else

This recommendation helps regulate your body's internal clock, improving sleep quality and energy levels, while rehydrating after sleep kick-starts metabolism and supports digestion. Consistent hydration and routine lay a foundation for sustainable, healthy habits that promote weight management and overall well-being.

2. Start your day with a balanced meal, high in protein and fibre-rich foods (aim for 20-25% protein, 30-35% fats, 50-55% carbs)

Starting your day with a high-protein, fiber-rich meal stabilizes blood sugar levels, boosts energy, and keeps you full longer, supporting sustainable weight management and reducing cravings.

3. Leave 3-5 hours between your meals

Leaving 3-5 hours between meals allows your body to fully digest, maintain stable energy levels, and prevent overeating, supporting sustained energy and healthy weight management.

4. Aim for a good variety of plant-based foods (30 per week ideally, including fruit, veg, nuts, grains, seeds, herbs)

Eating a variety of 30 plant-based foods per week supports gut health, boosts nutrient intake, and enhances energy levels, all while fostering sustainable weight management.

5. Aim for at least 25-30g of fibre per day

Fibre-rich foods make meals feel more satisfying, they improve gut health and digestion, and balance blood sugar levels.

6. Start every meal with a serving of vegetables

This enables a slower glucose absorption - as the fibre in vegetables forms a gel-like substance in your digestive tract, which delays the absorption of glucose into the bloodstream.

7. Don't skip meals

Skipping meals can lead to energy crashes, difficulty concentrating, and increased cravings, making it harder to maintain a balanced diet. Eating regular meals supports stable blood sugar levels and a steady metabolism, which are key for feeling energized and managing weight sustainably.

8. Limit your caffeine intake, especially after 2pm

Don't start the day with coffee (it can wreak havoc on cortisol and stress levels). Drink good quality coffee and swap afternoon coffees to decaffeinated. Limit to 2 coffees a day before lunchtime (for some women 12pm, others 2pm).

9. Aim for 3-5 days of intentional exercise per week.

Don't start the day with coffee (it can wreak havoc on cortisol and stress levels). Drink good quality coffee and swap afternoon coffees to decaffeinated. Limit to 2 coffees a day before lunchtime (for some women 12pm, others 2pm). Example: Strength Training (2-3 times per week), Cardiovascular Exercise (2-3 times per week), Flexibility and Mobility (1-2 times per week).

10. Limit the time you spend on your (phone) screen

Limiting screen time reduces mental fatigue, improves sleep quality, and creates space for healthier habits, all of which boost energy and support sustainable weight management.

Daily Nutrition Tracker Example

DATE: _____

BREAKFAST

LUNCH

DINNER

SNACKS

PLANT VARIETY (30 per week)



_____ / 30

PROTEIN INTAKE (body weight *
0.83g - roughly 6-7 portions)

MEALS SATISFACTION OVERALL



PRIORITIES

le adding more vegetables /

drinking more water

EAT YOUR RAINBOW

Green (courgettes, asparagus, broccoli, spinach)

Red (red peppers, tomato, raspberries, cherries)

Orange (tangerines, carrots, sweet potatoes)

Yellow (corn, bananas, yellow peppers)

Blue / Purple (aubergines, blueberries, beetroot)

Brown / White (mushrooms, beans, fennel, nuts)

DAILY WATER INTAKE



_____ lt / oz

NOTES

SAMPLE MOVEMENT WEEKLY PLANNER

Week 1

MONDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER


WATER TRACKER


TUESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER


WATER TRACKER


WEDNESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER


WATER TRACKER


SAMPLE MOVEMENT WEEKLY PLANNER

Week 1

THURSDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER


WATER TRACKER


FRIDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER


WATER TRACKER


SATURDAY REST

SUNDAY _____

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

REFLECTION ON YOUR WEEK

MONTHLY REFLECTION

DATE:

TIME:

◆ Monthly Wins

◆ How does it make me feel?

◆ Challenges

◆ How can I improve it?

Accomplished Goals

Unaccomplished
Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits
Developed

Three things that I am most grateful for this month:

Two life lessons I learned this month:

One word that best describes this month:

How will you rate this month?



Congratulations on Taking the First Step!

Remember: your daily routine doesn't have to be perfect—***it just needs to be consistent.*** Every single thing you do every day adds up over time. You've just started your journey to feeling more energised, balanced, and confident in your body.

The simple steps you've learned in this guide are the foundation of lasting transformation. But if you're ready to go deeper and truly take control of your health and well-being—without diets or restrictions—I invite you to book a call for a [free nutrition & lifestyle assessment](#).

BOOK NOW



About Marta

As a certified Nutrition and Lifestyle Coach, and a mom of two, I know firsthand the challenges of finding balance in the chaos of life.

Every day, I empower women to reconnect with their bodies, transform their love-hate relationship with themselves, and thrive in every aspect of their health and wellbeing. I do this because I've been there—I know the frustration, the struggle, and the desire to feel at home in your own skin again.

Are you ready to feel your best self? Get in touch today!

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