

Instructions: Choose one of the habits below and then put a tick in the box. Then on the next page, put the habit you've chosen and then follow through for a total of 21 days. If you can adhere to the habit for more than 80% of the time (i.e. at least 17 out of 21 days), then you can pick another habit. If you fail to adhere to at least 80% of the time, keep going for another week until you can adhere to it.

The most important thing here is to try. Your body deserve to be in amazing health so give it a chance.

If you need help or guidance, feel free to email me at aqilah@prettyawesomefitness.com. I'll be happy to help. 😊

- Maintain a consistent sleep schedule.
- Create a habit of going to bed ten mins earlier every three weeks.
- 3-4 hours before your night shift, try to get at least 90 minutes of naptime.
- Keep your phone away at least thirty mins before you fall asleep.
- Use sleeping masks and a good pair of earplugs.
- Prepare meals in advanced.
- Have a low carbohydrate, high fat snack in between your meals if you're hungry.
- Drink lots of water.
- Sit down to eat, eat slowly and stop at 80% full.
- Get at least 30 mins of exercise 4 times a week.
- For night shifts: try to just fit in a quick 15-minute bodyweight circuit.
- Get your workout in as soon as you wake up, before your body figures out what you have to do for the day.

For more information about each habit, go to prettyawesomefitness.com/tips-for-shift-workers