CONNIE E. SOKOL

FAITHFUL *fit &* FABULOUS

Post-It Page: _____

Write your Weekly Goal. Include how often, how long, and on what days. Post on your wall. At the end of the week, enjoy a reward and complete the review.

My Life Paragraph

_____

_____

_____

_____

_____

_____

My Weekly Goal

I will _____

My Reward!

I will enjoy _____

Review

Consider the past week. Answer the following to create a new goal.

1. **On a scale of 1 to 10 (1=low, 10=high), rate your week's success:**
2. **What worked?**
3. **What didn't work?**
4. **What will you do differently in the coming week?**

Great job!

Back to Basics—Power Week!			
Area	**Goal**	**Outcome**	**1–10**
Goal 1: Holy Habits			
Goal 2: Create a Life Plan			
Goal 3: Discover More Joy in Womanhood			
Goal 4: Feel Fit and Fabulous			
Goal 5: Find Balance in Motherhood			
Goal 6: Get Organized!			
Goal 7: Create Healthy Connections			
Goal 8: Financial Peace			

REWARD:
Overall Results 1–10:

Review:

What worked?

What didn't?

What should be changed?

Reward Suggestions!

Consider what you most enjoy as a reward for achieving your personal goal. Below are some suggestions to get your thoughts going. Choose a few that appeal to you or find others that work better. Remember to reward progress, not just the final outcome. Feel free to email me your own suggestions to add to the list!

Big Rewards

- Take a vacation with your family
- Pay off a debt
- Go on a hike with someone you love
- Explore a new site in your city or state
- Check out garage sales
- Rearrange or redesign your furniture

Medium Rewards

- Go to lunch with a friend
- Hire or trade with a neighbor to clean your bathrooms and floors
- Buy a new outfit
- Take a class for fun
- Pay yourself a certain amount every time you work out
- Scrapbook for two hours

Small Rewards

- Take a hot bubble bath
- Read a fun or uplifting book for an hour
- Take a nap without guilt
- Eat a decadent treat (without you-know-what)
- Do nothing productive and listen to beautiful music

food log

connie e. sokol

3 E's in 3 Steps

Step: _____ *Week:* _____

3 E's Goals: Eat: Exercise: Energize:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B:	B:	B:	B:	B:	B:
S:	S:	S:	S:	S:	S:
L:	L:	L:	L:	L:	L:
S:	S:	S:	S:	S:	S:
D:	D:	D:	D:	D:	D:
S:	S:	S:	S:	S:	S:
FW: Minutes:	FW: Minutes:	FW: Minutes:	FW: Minutes:	FW: Minutes:	FW: Minutes:
F&V: 1 2 3 4 5 W: 1 2 3 4 5 6 7 8 Supplements: 1 2 3	F&V: 1 2 3 4 5 W: 1 2 3 4 5 6 7 8 Supplements: 1 2 3	F&V: 1 2 3 4 5 W: 1 2 3 4 5 6 7 8 Supplements: 1 2 3	F&V: 1 2 3 4 5 W: 1 2 3 4 5 6 7 8 Supplements: 1 2 3	F&V: 1 2 3 4 5 W: 1 2 3 4 5 6 7 8 Supplements: 1 2 3	F&V: 1 2 3 4 5 W: 1 2 3 4 5 6 7 8 Supplements: 1 2 3

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Key: FW = Fun Workout, S = Snacks, F&V = Fruits & Veggies

back to basics

EZ recipes

Easy Chicken Pot Pie

Est. prep time: 10 minutes

You will need:

- 2 boxes of prepared crusts (basic crusts already in circles)
- 1 (26 oz.) can of cream of chicken soup
- 3 oz. of cream cheese, softened
- 3 (10 oz.) cans canned chicken (or shredded deli chicken, turkey, etc.)
- 1 (16 oz.) bag of frozen peas-carrots-corn medley

HEAT cream cheese in a large glass bowl in the microwave until just soft. Add soup, sour cream, shredded chicken and frozen vegetables and heat until warm (or place all ingredients in a pot on the stove and heat until warm).

PLACE one thawed crust in each of the two pie pans; ladle soupy pot mixture into each crust until it's filled. Place the top crusts on each pie. Pinch the sides so it looks mighty pretty. Slit the top crust for air to escape (four slits are good). Cover the edge of the pie crust with foil so it doesn't burn.

BAKE at 400 degrees for 30 to 40 minutes (remove the aluminum foil around edges about 10 minutes before it's done). Bake until it's nicely brown and smellin' fine. Serve with bagged salad in a bowl and you're set.

Easy Chicken Fettuccine

Est. prep time: 5 minutes

You will need:

- 1 (8 oz.) package fettuccine
- 1 (15 oz.) jar of prepared alfredo sauce (with natural ingredients)
- 2 cans of canned chicken (or shredded deli chicken)

BOIL fettuccine noodles according to package instructions and drain. Heat sauce and canned chicken until well heated. Combine. Serve with rolls!

Easy Crock Fajitas

Est. prep time: 5 minutes

You will need:

- 1–2 lb. chicken tenders
- 3 peppers (I use the red, orange and yellow in a package)
- 1 packet chicken fajita seasoning
- 1 Tbsp. water
- 1 Tbsp. oil
- Tortillas
- Fajita toppings (cheese, sour cream, salsa, guacamole, etc.)

SLICE the peppers. Put the peppers and seasoning packet contents in a large resealable bag. Add the water, oil, and chicken (no need to slice) and shake till coated.

POUR into crock and put on high for three hours. Serve with toppings and enjoy!

Easy Chicken Noodle Soup

Est. prep time: 5 minutes

You will need:

- 1 (49½ oz.) can of chicken broth
- 1 package of pasta (bow tie is good)
- 1 small package of frozen carrots
- 1 small package of frozen peas
- 2 large (10 oz.) cans of canned chicken (looks like family-size tuna, or use equal amount of deli chicken shredded)
- Salt and pepper to taste

BOIL broth. Add peas, carrots, pasta, and chicken; season with salt and pepper to taste. Boil for 10 minutes. Serve with rolls.

Easy Lasagna

Est. prep time: 5 minutes after boiling noodles

You will need:

- 9 lasagne noodles, cooked to directions
- 1 (24 oz.) carton of cottage cheese
- Mozzarella cheese to taste (about 3 cups total)
- 1 (24 oz.) jar spaghetti sauce (Paul Newman's is yum)

PLACE 3 long cooked noodles lengthwise and side by side in a 9x11 pan (so it covers the bottom). Place dollops of cottage cheese randomly over noodles, with spaces in between the dollops.

DOLLOP (love that word) spaghetti sauce the same way, just over the open spaces this time. Spread two to three handfuls of mozzarella cheese over the entire layer. Repeat for all three layers, making sure to finish with cheese on top. Bake at 350 degrees for 30 minutes or bubbling. Let stand for 10 minutes to thicken. Add Easy Fancy Salad (see below) and rolls, and you're set!

bonus!

Easy Fancy Salad

Est. time: 5 minutes

You will need:

- 2 (11 oz.) bags spinach leaves
- ½ to ¾ cup of sliced almonds (to taste)
- ¼ to ½ cup of poppy seed dressing (to taste)
- ½ to 1 cup of sliced strawberries (you guessed it . . . to taste)

ADD all ingredients to a big, beautiful bowl and mix gently. Serve!