

TRIBE MEMBER WORKBOOK

Build Your Best Routine

21 Days to Create Habits That Last

21-DAY CHALLENGE | AUGUST 6–26, 2026

Your August promise: I will not wait for September. I will build better habits, fuel my hormones, naturally support GLP-1, and simplify healthy eating—one repeatable choice at a time.

NAME

Class kickoff: August 5 • Labor Day check-in: September 7

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WELCOME

This Isn't Another Diet

It is 21 days dedicated to creating the routines your midlife body has been asking for.

- ☐ Build better habits
- ☐ Fuel your hormones
- ☐ Naturally support GLP-1
- ☐ Simplify healthy eating

During this challenge, you'll learn how to build satisfying high-protein meals, naturally support healthy GLP-1 production, reduce cravings, simplify meal planning, and create daily habits that become second nature.

The goal isn't perfection. It's consistency.

My Why

Why is now the right time for me to prioritize my health?

How do I want to feel in 21 days?

What habit will have the biggest impact on my life?

START HERE

How to Use This Workbook

This is a practice tool, not a report card.

Central message: Tracking is information, not judgment. Small, repeated choices create results.

Your 21 + 12 roadmap

DATES	PHASE	FOCUS
AUG 6–12	Week 1	Track and learn
AUG 13–19	Week 2	Keep tracking; add strategy
AUG 20–26	Week 3	Repeat, refine, build consistency
AUG 27–SEP 7	+12 days	Reinforce routines through Labor Day

Four ways to use it

1. Complete the opening reset pages before or just after the kickoff class.
2. Choose one primary tracking method and one backup method.
3. Use the weekly grids for accountability; use your notebook or app for detailed food entries.
4. Review patterns with curiosity. Record, learn, and return at the very next choice.

For every member: Numerical tracking is not the only option. If calorie or macro tracking is emotionally or medically unsafe, choose a clinician-guided written, photo, or meal-pattern log.

WHOLE-PERSON PROGRESS

My Starting Snapshot

Choose a starting score or a few honest words. Weight is optional—not the whole story.

AREA	TODAY	HOW I WANT TO FEEL / CHANGE
Energy		
Sleep		
Confidence		
Strength		
Cravings/Mood		
Measurements		
Digestive health		
Clothes fit		
Body composition/Fat %		
Weight		

The progress marker that matters most to me right now:

How I will notice that progress in daily life:

YOUR STARTING POINT

Summer Goal Reset

June was the starting line—not the deadline.

Where are you today?

- ☐ A — I reached my summer goal.
- ☐ B — I am making progress.
- ☐ C — I am resetting today.
- ☐ D — I am new, and I am setting my goal now.

The summer goal I set—or want to set now:

What is already working, even a little:

What has made follow-through harder:

By Labor Day, I want to feel proud that I:

The behavior I can repeat between now and then:

WEEK ONE • BUILD YOUR ROUTINE

Build a Routine That Holds You

Morning routine • Evening routine • Habit stacking • Identity

Routine principle: Create a full version for ordinary days and a minimum version for busy, tired, or disrupted days.

Map the day you actually live

MORNING	MIDDAY	EVENING
What already happens reliably?	Where do decisions pile up?	When am I most vulnerable?

Choose two anchors

My morning anchor: After I _____, I will _____.

My evening anchor: After I _____, I will complete my two-minute review.

My minimum version on a hard day:

My identity statement: I am a woman who _____.

Keep it small: The minimum version should be so doable that you can complete it without a debate.

MORNING ANCHOR

Use Light to Start the Day

Morning outdoor light is a practical cue for your body clock and your routine.

The coaching

Light is one of the strongest signals for the circadian system. Hunger and appetite-related hormones also follow daily rhythms, but morning light is not a direct GLP-1 booster or a weight-loss shortcut. Think of it as an anchor that can support a steadier sleep-wake routine—and make other habits easier to repeat.

Your morning-light practice

- ☐ Go outdoors within the first hour after waking when possible.
- ☐ Use 5–10 minutes as a simple starting point; allow longer on cloudy or darker mornings.
- ☐ Do not stare at the sun. Ordinary outdoor light exposure is the goal.
- ☐ Pair it with something you already do: coffee, water, a dog walk, the mailbox, or a few quiet breaths.

My usual wake time:

The existing habit I will pair with outdoor light:

My bad-weather / rushed-morning backup:

What I will notice this week (sleep, hunger, energy, mood, routine consistency):

WEEK 1 FOUNDATION

Tracking: What Counts

The log is your dashboard. Use it to steer, not to judge yourself.

Non-negotiable: Track the meals and moments you most want to skip. Those entries often contain the most useful information.

Track all of it

- ☐ Every meal, planned snack, and caloric drink—and every unplanned snack or grazing episode too.
- ☐ Portions, weighed or measured when reasonably available.
- ☐ Cooking oils, dressings, sauces, creamers, alcohol, tastes, and bites.
- ☐ On-plan and off-plan eating—without erasing, hiding, or compensating afterward.
- ☐ One short context note when useful: hunger, fullness, energy, mood, situation, or trigger.

The two-minute nightly review

- Did I track everything I can remember?
- Where did most of my protein and fiber-rich foods come from?
- When was I most hungry or least prepared?
- Did stress, habit, convenience, social pressure, or a long gap between meals show up?
- What is one small adjustment I may want to test tomorrow?

My daily 10-minute tracking appointment:

CHOOSE YOUR SYSTEM

Four Ways to Track

Pick the method you will actually use. Accuracy matters, and consistency keeps the habit alive.

☐ **1. Simple notebook**

Write down everything you eat and drink. Weigh and measure portions when you can. Add a quick hunger, fullness, or context note.

☐ **2. Phone app**

Use an app such as Cronometer. A digital database is convenient, but portions still need to be weighed, measured, or thoughtfully estimated.

☐ **3. Photo log**

Use Cronometer's photo feature, Eato, or a camera-based record. It is especially useful at restaurants. Hidden layers, sauces, oils, and foods covering other foods can reduce accuracy, so review and edit estimates when possible.

☐ **4. The 1-1-1 visual method**

When weighing is not available, record a consistent visual portion for each item—for example, one serving spoon of a side dish, one palm-sized portion of meat, or one hand-sized portion of vegetables. An honest estimate is better than a blank log.

My primary method:

My backup when the primary method is not available:

Remember: The best method is the one that helps you maintain honest contact with the habit for all 21 days.

MAKE IT AUTOMATIC

Set Up Your Tracking Routine

Prepare the environment before motivation has to do all the work.

Setup checklist

- ☐ My notebook is in a visible place—or my app is installed and easy to open.
- ☐ My food scale, measuring cups, and measuring spoons are accessible.
- ☐ I have saved or pre-entered foods I eat often.
- ☐ I know the meal I am most likely to forget; this is my practice meal.
- ☐ I have set one daily reminder for my tracking appointment.
- ☐ I know where I will post my daily “Tracked” check-in to the Tribe.

My 21-day commitment

August 6–26: I will track every day and abstain from unplanned snacking or grazing between meals. If I eat between meals, I will make it planned and tracked—or record the episode honestly and return at the next planned meal.

My practice meal:

My reminder time:

My accountability plan:

Signature:

DAILY TRACKER

Brenda's Daily Non-Negotiables

Use this as a daily practice page. Check wins; do not grade your worth.

Today's Wins

- ☐ Morning sunlight
- ☐ Protein at every meal
- ☐ Hit my personalized protein goal (often 100–120g in this program)
- ☐ Ate balanced meals
- ☐ Walked or strength trained
- ☐ Tracked meals
- ☐ Honored true hunger
- ☐ Abstained from unplanned snacking or grazing between meals
- ☐ Closed the kitchen
- ☐ Planned tomorrow

One thing I'm proud of today:

Daily Reflection

Today's biggest win:

What challenged me?

What will I improve tomorrow?

21-DAY ACCOUNTABILITY COMMITMENT

Abstinence Between Meals

August 6–26: no unplanned snacking or grazing between planned meals.

Our shared practice: Eat a planned meal, finish the eating occasion, and abstain from drive-by bites, tastes, handfuls, and grazing until the next planned meal.

What this commitment means

- ☐ I will plan satisfying meals and treat the space between them as food-free.
- ☐ I will notice my most vulnerable snacking window and place a supportive routine there.
- ☐ If I snack or graze, I will track it honestly instead of hiding it or abandoning the day.
- ☐ I will return at the next planned meal without punishment or compensation.

What this commitment does not mean

- ☐ Ignoring true physical hunger or white-knuckling escalating hunger.
- ☐ Skipping a medically necessary or clinician-directed snack.
- ☐ Calling a planned snack a failure. If food is genuinely needed, I will make it portioned, seated, intentional, and tracked.

My most vulnerable snacking time or situation:

The non-food routine I will try when the urge is habit, stress, boredom, or wanting a break:

If true hunger tells me I need food, my planned protein-centered option is:

My accountability phrase: Tracked + No Grazing—or Tracked + Reset.

Signature:

WEEK TWO • BUILD YOUR MEALS

The Midlife Meal Formula

Build every meal around four simple elements—without tracking fat as a separate goal.

- 1. Protein** Start with the protein anchor that fits your personalized goal.
- 2. Fiber Add** chia, flaxseed, berries or other low carb vegetables.
- 3. Healthy fat** Use an amount that adds flavor and satisfaction while fitting your needs.
- 4. Color** Aim for colorful, leafy greens and minimally processed foods that make the meal nourishing and appealing.

The meal I most want to simplify:

My easiest protein anchor for that meal:

The fiber, healthy fat, and color I can add:

This week's focus: Protein first. Balanced meals. Fewer decisions. Consistent tracking.

SUMMER REALITY

Restaurants, Parties & the 1-1-1 Method

There is always a way to stay in contact with the habit.

Before

- ☐ Decide whether you will pre-log, photograph, or estimate.
- ☐ Avoid arriving overly hungry when you have a reasonable choice.
- ☐ Choose one intention for the event: portion awareness, protein, vegetables, or a planned favorite.

At the meal

- ☐ Take one clear photo before eating, with foods visible rather than stacked when possible.
- ☐ Note sauces, dressings, oils, beverages, seconds, tastes, and shared bites.
- ☐ Use your 1-1-1 visual estimates when a scale or measuring tools are not available.

After

- ☐ Enter or review the estimate the same day.
- ☐ Do not punish, restrict, or compensate. Record, learn, and return at the next meal.

My next summer event or restaurant meal:

My tracking plan for it:

The choice I want to feel proud of afterward:

CURIOSITY OVER CRITICISM

Off-Plan Pattern Finder

Tracking outside the plan is not a confession. It is information that can help you prepare.

Date and time:

Where I was and who I was with:

What I ate or drank—and my best estimate of the amount:

Hunger before eating (0–10):

What happened in the 30–60 minutes before:

What may have made me vulnerable?

- ☐ Tired
- ☐ Stressed
- ☐ Lonely
- ☐ Bored
- ☐ Rushed
- ☐ Overly hungry
- ☐ Social pressure
- ☐ Food was highly visible or available

Was this true hunger, a planned snack, automatic grazing, or hard to stop?

What support, boundary, food, or routine might help next time?

APPETITE SUPPORT

Natural GLP-1: Facts Without the Hype

Support normal fullness signals without treating food or exercise like medication.

GLP-1 is a nutrient-responsive gut hormone involved in insulin release, stomach emptying, and fullness. The body's natural GLP-1 is short-lived. Meals and movement can support normal appetite signaling, but they are not equivalent to GLP-1 medication—and no food is “nature’s Ozempic.”

Meal formula: Protein + plants + satisfaction

Build one meal

My protein anchor:

My one or two fiber-rich plant foods:

My satisfying low carbohydrate and/or healthy fat:

How I will slow down enough to notice comfortable fullness:

Examples

- Greek yogurt, berries, chia seeds, and a measured portion of nuts.
- Eggs with low carb vegetables, bitter greens.
- Chicken, fish, tofu, or lentils with cruciferous vegetables.

Key idea: We are not trying to hack one hormone. We are building meals and routines that help the whole body work with us.

WEEKLY PLANNER

My Midlife Meal Map

Plan the anchors first. The rest of the meal becomes easier.

MEAL	PROTEIN	FIBER • FAT • COLOR
Breakfast		
Lunch		
Dinner		
Snack		

My water goal:

My movement plan:

My meal-prep window:

The foods I will prep first:

Shopping List

PROTEINS	PLANTS + FIBER	SUPPORTING ITEMS

DECISION-FATIGUE SOLUTION

My Go-To Meals

Create a short list you can repeat when energy, time, or creativity is low.

CATEGORY	#	GO-TO MEAL / SNACK	PROTEIN ANCHOR
Breakfast	1		
Breakfast	2		
Breakfast	3		
Lunch	1		
Lunch	2		
Lunch	3		
Dinner	1		
Dinner	2		
Dinner	3		
Dinner	4		
Dinner	5		
Snack	1		
Snack	2		
Snack	3		
Snack	4		
Snack	5		

Emergency-meal rule: Keep ingredients for at least two go-to meals available at home, at work, or in the freezer.

BETWEEN-MEAL PAUSE

True Hunger or Habit?

Pause before any unplanned eating and identify what you actually need.

The standard: If food is genuinely needed, make it a planned eating occasion: decide, portion, sit down, and track it. If the urge is habit or emotion, use the routine you chose and keep the space between meals food-free.

- ☐ Am I physically hungry?
- ☐ When did I last eat?
- ☐ Was that meal satisfying and protein-centered?
- ☐ Am I stressed?
- ☐ Am I bored?
- ☐ Am I emotional?
- ☐ Am I tired, thirsty, lonely, or avoiding something?
- ☐ Would protein satisfy me right now?

What physical hunger feels like in my body:

My most common habit trigger:

If I am hungry, I will choose:

If I need something else, I will try:

Grace over perfection: If you eat, track it without shame. Curiosity keeps the learning process open.

REUSABLE TOOL

One-Day Awareness Log

Use this page when you want more detail than your weekly grid. Photocopy or duplicate as needed.

TIME / MEAL	FOOD + DRINK	AMOUNT / METHOD	HUNGER 0-10	FULLNESS 0-10	CONTEXT / NOTE

Two-minute review

What I noticed:

One adjustment I may test tomorrow:

21-DAY CHALLENGE

Week 1 Tracker: Track & Learn

Establish honest daily tracking and your morning anchor.

This week’s rule: A complete-enough record beats a perfect record that never gets made.

DATE	SUNLIGHT	PROTEIN GOAL	BALANCED MEALS	MOVE / STRENGTH	TRACKED	NO UNPLANNED SNACKS
Thu 8/6	☐	☐	☐	☐	☐	☐
Fri 8/7	☐	☐	☐	☐	☐	☐
Sat 8/8	☐	☐	☐	☐	☐	☐
Sun 8/9	☐	☐	☐	☐	☐	☐
Mon 8/10	☐	☐	☐	☐	☐	☐
Tue 8/11	☐	☐	☐	☐	☐	☐
Wed 8/12	☐	☐	☐	☐	☐	☐

Weekly review

The pattern I noticed:

One win I want to celebrate:

One adjustment I will test next week:

21-DAY CHALLENGE

Week 2 Tracker: Add Strategy

Keep the log going while you add movement, strength work, or another coached strategy.

This week’s rule: A complete-enough record beats a perfect record that never gets made.

DATE	SUNLIGHT	PROTEIN GOAL	BALANCED MEALS	MOVE / STRENGTH	TRACKED	NO UNPLANNED SNACKS
Thu 8/13	☐	☐	☐	☐	☐	☐
Fri 8/14	☐	☐	☐	☐	☐	☐
Sat 8/15	☐	☐	☐	☐	☐	☐
Sun 8/16	☐	☐	☐	☐	☐	☐
Mon 8/17	☐	☐	☐	☐	☐	☐
Tue 8/18	☐	☐	☐	☐	☐	☐
Wed 8/19	☐	☐	☐	☐	☐	☐

Weekly review

The pattern I noticed:

One win I want to celebrate:

One adjustment I will test next week:

WEEK THREE • BUILD YOUR LIFESTYLE

My Real-Life Routine Plan

Travel • Weekends • Special events • Stress eating • Decision fatigue • Momentum

Travel — the minimum routine I can keep:

Weekends — the anchor that keeps my days from drifting:

Special events — how I will enjoy the event and still track honestly:

Stress eating — the signal I want to notice sooner:

Decision fatigue — the go-to meal or backup plan I will use:

Keeping momentum — what I will do after an imperfect choice:

My Week Three rules

- ☐ Use the minimum version instead of quitting.
- ☐ Never turn one choice into an abandoned day.
- ☐ Protect planned meals and abstain from grazing between them.
- ☐ Track first; review with curiosity later.
- ☐ Return to protein, plants, movement, and the next planned routine.

Identity statement: I am becoming a woman who can care for herself in real life—not only when conditions are perfect.

21-DAY CHALLENGE

Week 3 Tracker: Repeat & Refine

Protect consistency, learn from patterns, and prepare for the 12-day follow-through.

This week’s rule: A complete-enough record beats a perfect record that never gets made.

DATE	SUNLIGHT	PROTEIN GOAL	BALANCED MEALS	MOVE / STRENGTH	TRACKED	NO UNPLANNED SNACKS
Thu 8/20	☐	☐	☐	☐	☐	☐
Fri 8/21	☐	☐	☐	☐	☐	☐
Sat 8/22	☐	☐	☐	☐	☐	☐
Sun 8/23	☐	☐	☐	☐	☐	☐
Mon 8/24	☐	☐	☐	☐	☐	☐
Tue 8/25	☐	☐	☐	☐	☐	☐
Wed 8/26	☐	☐	☐	☐	☐	☐

Weekly review

The pattern I noticed:

One win I want to celebrate:

One adjustment I will test next week:

21 + 12

Labor Day Follow-Through

The challenge ends August 26. The routines continue through September 7.

The three habits I am carrying forward:

DATE	TRACKED / AWARE	ROUTINE ANCHOR	ONE-WORD NOTE
8/27	☐	☐	
8/28	☐	☐	
8/29	☐	☐	
8/30	☐	☐	
8/31	☐	☐	
9/1	☐	☐	
9/2	☐	☐	
9/3	☐	☐	
9/4	☐	☐	
9/5	☐	☐	
9/6	☐	☐	
9/7	☐	☐	

On Labor Day, I want to celebrate that I:

CLOSE THE LOOP

What I Learned About Me

Progress includes the evidence that you can return, adjust, and follow through.

The biggest pattern tracking revealed:

The routine anchor that helped most:

The moment I handled differently:

What I want coaching on next:

Evidence behind this week

- [Dietary self-monitoring and weight-loss outcomes](#)
- [NIH: the sleep-wake cycle and light cues](#)
- [Endotext: GLP-1 physiology](#)
- [Exercise, appetite, and GLP-1](#)

Health and inclusion note: This workbook is general education, not individualized medical care. Personalize tracking, exercise, fasting, and meal timing with a qualified healthcare professional if you are pregnant or breastfeeding; have diabetes, a gastrointestinal condition, or a current or past eating disorder; take glucose-lowering medicine; or use a GLP-1 medication.

BEYOND THE CHALLENGE

My Next 90 Days

Choose the habits that deserve to become part of your life.

The habits I am committed to continuing

- ☐ Protein First
- ☐ Meal Planning
- ☐ Morning Sunlight
- ☐ Walking
- ☐ Tracking
- ☐ Strength Training
- ☐ Balanced Meals
- ☐ Weekly Prep
- ☐ Between-Meal Abstinence
- ☐ Grace Over Perfection

The three habits I will protect first:

My weekly planning / prep appointment:

The support I will ask for:

My identity statement for the next 90 days:

The challenge may be over, but my routine is just getting started.