



28 Day Spend Challenge

JOURNAL

A spend challenge simply is a set period of time that you refrain from spending except for emergencies and necessities.

Integrative Nutrition Coaching

I A m D o i n g T h i s B e c a u s e . . .



I K n o w I S u c c e e d e d W h e n . . .



I W a n t S u p p o r t F r o m . . .



I n a n E m e r g e n c y I w i l l . . .



28 Day Spend Challenge

Set Your Date

Use the calendar to identify the month and year of your spend challenge. In the lines below, write out why this is a good time for the challenge.

Month

Year

SUN

MON

TUE

WED

THU

FRI

SAT

W

Integrative Nutrition Coaching

How I Will Spend My Time

Week 1

Monday	Tuesday	Wednesday
.....
Thursday	Friday	Weekend
.....

List Your Biggest Challenges That Happened



.....
.....
.....
.....
.....
.....
.....

How I Will Spend My Time

Week 2

Monday	Tuesday	Wednesday
.....
Thursday	Friday	Weekend
.....

List Your Biggest Challenges That Happened



.....
.....
.....
.....
.....
.....
.....

How I Will Spend My Time

Week 3

Monday	Tuesday	Wednesday
.....
Thursday	Friday	Weekend
.....

List Your Biggest Challenges That Happened



.....
.....
.....
.....
.....
.....
.....

How I Will Spend My Time

Week 4

Monday	Tuesday	Wednesday
.....
Thursday	Friday	Weekend
.....	

List Your Biggest Challenges That Happened



.....
.....
.....
.....
.....
.....
.....

Time to Begin



Your Daily Wins

Week 1

Monday	Tuesday	Wednesday
.....
Thursday	Friday	Weekend
.....	

Biggest Successes



List Your Struggles

.....
.....
.....
.....
.....
.....
.....

Your Daily Wins

Week 2

Monday	Tuesday	Wednesday
.....
Thursday	Friday	Weekend
.....	

Biggest Successes



List Your Struggles

.....
.....
.....
.....
.....
.....
.....

Your Daily Wins

Week 4

Monday	Tuesday	Wednesday
.....
Thursday	Friday	Weekend
.....	

Biggest Successes



List Your Struggles

.....
.....
.....
.....
.....
.....
.....

About

Integrative Nutrition Coaching

My name is Jennifer Held, and I am in the second part of my life as a solopreneur and owner of INC. I am following my dream to help those lovelies out there who are struggling during their menopause transition.

I began experiencing The Transition a decade early. I had zero education on the subject. I had debilitating symptoms that led to two life-changing surgeries and dropped me in menopause at 48.

I was forced to figure it out on my own. I completed my health coaching certification with the Institute for Integrative Nutrition, taught by well-known doctors such as Mark Hyman, Deepak Chopra, Zach Bush, and Andrew Weil. To balance western medicine, I had the fantastic opportunity to study functional medicine taught by the great pioneer Frank Lipman MD, Susan Blum MD, and Will Cole IFMCP, DNM, DC.

In addition, I became a certified Life Coach, Vegan Health Coach, and Menopause Practitioner. Daily, I continue my education seeking how to help others reach their goals and create harmony in their lives. I love to share what I learn with the world, hence my blog, INC challenges, emails, and free guides. Oh, let's remember the coaching! I encourage you to seek your answers without judgment and find what lights you up daily. I am here if you are ready to have a Health Coach by your side.



Ready to begin your
journey with INC?
Visit my website and
Contact Me.

www.jenniferheldinc.com

