

# ***Pillar Perfect Day Planner***



FOUNDATIONAL PILLARS	GOALS	FIRST ACTION STEPS	NOTES/TIPS	HFL CHAPTER SKILL REMINDERS
NUTRITION				
ENVIRONMENTAL EXPOSURES				
REGULATION OF THE NERVOUS SYSTEM				
FITNESS AND MOVEMENT				
SLEEP AND RECHARGE				

**NO PILLAR LEFT BEHIND.....**

[www.HealthyForLifeBook.com](http://www.HealthyForLifeBook.com)

### What is a Perfect Pillar Day?:

**A Pillar Perfect Day is about intentionally integrating the five forgotten foundations—Nutrition, Environmental Exposures, Nervous System Regulation, Fitness and Movement, and Sleep—into your daily life.**

Each day presents opportunities to nourish your body, minimize harmful exposures, regulate stress, move with purpose, and prioritize rest—you just need to stay aware and take action. Small, consistent actions compound over time, strengthening each pillar to build sustainable health, resilience, and vitality. The key is to proactively engage in all five pillars—each one is essential, and together, they create exponential benefits. When planning and reflecting on your Pillar Perfect Day, aim for one simple goal:

**No Pillar Left Behind!**

### How to Use The Pillar Perfect Day Planner:

Spend a few minutes planning your pillars—either in the morning or the night before—to set yourself up for success.

- **Goals:** Write in one or more important goals you'd like to accomplish for the day. They don't have to be all encompassing - rather they should be the key one(s) that you can readily take action on and will make a meaningful impact on your health/well being.
- **First Action Step:** Identify the next key step to move your goal forward. This eliminates “paralysis by analysis” and helps you take action when that pillar time comes.
- **Notes/Tips:** Use this space for helpful information , tips and reminders , such as the time/time frame of when you'd like to get it done, location of where, or relevant resources (e.g., a bookmarked website, a folder on your computer, or a supporting document). You can also put in something you've learned that day about it with tips for the next day.
- **HFL Chapter Skill Reminder:** *HFL* stands for *Healthy for Life*. Reference the chapter where you learned about a pillar skill or note one you'd like to review.

### Incorporating This into Your Day:

Use the planner in a way that fits your routine and flow —whether it's a daily calendar, task list, time blocks, or app reminders. Keep it easily accessible—on paper, in your phone notes, or as a photo—so you can quickly reference and stay on track through the day.