**Playbook to Inject the Healthy Undercurrents of Normality and Accountability**

*Mental or Physical Impairment Seed*

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| **Daily Morning Hygiene Routine for Justin**  *To Inject the Healthy Undercurrents of Structure, Education and Support*  Who:   * Mom, youth (Justin), Aunt Kathy, John (Big Brother/Mentor)   What:   * Shower or take a bath using soap/body wash, shampoo and conditioner. Youth can have one “day off” per week on Saturday or Sunday. * Brush teeth twice daily, once in the morning and once before bed. Youth will brush his teeth in front of an adult to get credit for it. * Put on clean clothes each morning including undergarments. * Brush hair: before school on school days; when he gets up on weekends; before he leaves the house; by 10am during summer holidays   **Integrating Your Nutritional Plan (in bold)**  **Breakfast**   * **Rotate oatmeal, eggs, or fresh juice (Justin may select his fruit for the juicer)** * **1 liter of water** * **Weekends (Saturday and Sunday) = Cheat Days - later move to only one day -start slow**   **Lunch**   * **Salads with a protein (fish ir chicken) or sandwich with a vegetable** * **No sugar or soda** * **Weekends (Saturday and Sunday) = Cheat Days - later move to only one day -start slow**   **Dinner**   * **I will prepare a nutritious dinner that will vary but will include a variety of fish, chicken, vegetables, or beef** * **Another liter of water** * **No cheat days**   **Snacks Between Meals**   * **Fruit, nuts, yogurt** * **No soda, cookies, or candy**   When:   * This morning routine must be completed EVERY DAY by times specified. * **Breakfast Meals- M-F at 7am, Weekends = cheat days** * **Lunch Meals - M-F at school at 12pm (lunch packed by mom) and Weekends at 12pm** * **Dinner- M-F- 6pm and also weekends on your own** |