**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**
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