

BACK-TO-BALANCE FALL WELLNESS GUIDE

A practical checklist to
reset your routine, eat
well, manage stress,
and plan meals this
season.



Reset Your Routine

September is the perfect time to re-establish healthy rhythms for your mornings, workdays, and evenings. Use this checklist to make small but meaningful shifts.

Morning Anchors

- ☐ Wake up at a consistent time
- ☐ Drink a glass of water before coffee
- ☐ Eat a balanced breakfast
- ☐ Do 5–10 minutes of movement (stretch, walk, yoga)
- ☐ Take 2 minutes to set your intention for the day

Workday Anchors

- ☐ Take a mid-morning stretch break
- ☐ Step away from your desk for lunch
- ☐ Schedule one movement break (walk, stair climb, stretch)
- ☐ Do a 60-second breathing reset before meetings
- ☐ Write down 1–2 wins before logging off

Evening Anchors

- ☐ Unplug from devices 30–60 minutes before bed
- ☐ Share a meal or conversation with family/friends
- ☐ Do one relaxing activity (read, journal, light stretch)
- ☐ Prep for tomorrow (lunch, clothes, to-do list)
- ☐ Go to bed at a consistent time

Pack Smarter Lunches

Packing your lunch saves money, supports energy, and reduces stress during busy days. Use this mix-and-match formula for endless options.

Protein: chicken, tuna, boiled eggs, tofu, beans

Grain/Carb: whole grain wrap, quinoa, brown rice, pita, pasta

Veg/Fruit: carrots, cucumbers, cherry tomatoes, apple slices, berries

Healthy Fat: hummus, avocado, cheese cubes, nuts/seeds (or allergy-safe swaps)

Extras: dark chocolate square, yogurt, granola bar, popcorn

Sample combos:

- Turkey & hummus wrap + carrots & cucumbers + apple slices
- Quinoa chickpea salad + olive oil & lemon + grapes
- DIY “bistro box”: boiled egg, cheese cubes, whole grain crackers, berries

Stress Less with Micro-Breaks

You don't need an hour to recharge—just a few minutes can reset your focus and reduce stress. Try one of these quick strategies:

1. Take 3 deep breaths before your next meeting
2. Step outside for a 10-minute walk
3. Stretch your shoulders, neck, and wrists
4. Jot down 3 things you're grateful for
5. Drink a glass of water slowly and mindfully
6. Play your favorite upbeat song
7. Do a 2-minute guided meditation
8. Look out the window for a screen break
9. Do one act of kindness (thank-you note, kind text)
10. Write down 1 success before ending your day

Simplify Meal Planning

Avoid the weeknight scramble with a little planning. Use the template below to plan ahead and build your grocery list.

Weekly Meal Grid

Day	Breakfast	Lunch	Dinner
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Grocery List

- Proteins: _____
- Grains/Carbs: _____
- Vegetables: _____
- Fruits: _____
- Healthy fats/dressings: _____
- Snacks: _____

Tips:

- Batch cook one or two proteins (e.g., chicken, beans, lentils) for the week.
- Prep veggies in advance for quick use.
- Use theme nights (Taco Tuesday, Pasta Friday) for variety and predictability.

Quick Reference Master Checklist

Print or pin this one-page overview to keep fall wellness top of mind.

- ✓ Reset your mornings: wake, hydrate, move, intention
- ✓ Add 1–2 workday breaks: stretch, walk, mindful pause
- ✓ Create evening anchors: device-free time, prep for tomorrow, bedtime routine
- ✓ Build balanced lunches: protein + grain + fruit/veg + healthy fat
- ✓ Use micro-breaks to manage stress
- ✓ Plan weekly meals and grocery shop once

Final Note

This guide is designed to help you feel energized, organized, and balanced as fall routines return. Small daily actions add up—start with one or two changes and build from there.

ABOUT 12 WEEKS TO WELLNESS

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