



Answer each question according to the 5 habits...

### *About Maddy*

Maddy Bard is a GP Clinical Practitioner, fitness coach and licenced nutrition coach, accredited by London Muscle and British School of Yoga. Maddy began her fitness career in 2010 and has since become one of the country's leading fitness professionals. In addition, Maddy is a ICG Master Trainer (indoor cycling), Yoga Master and Ballet Barre coach.

Maddy's journey is to make the nation healthy from inside out using a whole-foods approach complemented with appropriate exercise nutrition and life coaching.

One-to-one and group fitness classes are available together with personal nutrition advice. Day retreats are available, please check for forthcoming dates.

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

## 5 Habits Cheat Sheet

**Maddy Bard**

The change starts with you...



### 1. Are you eating **slowly**?

Check in with hunger, sit down, relax and take your time; 15-20 minutes for a meal is about right. Make sure you stop eating when you're about 80% full.

### 2. Where is the **protein dense food**?

Are you about to eat at least 1 palm-size portion of protein dense food? Women get 1 palm-size portion and men get 2 palm-size portions.

### 3. Where are the **veggies**?

Are you about to eat a large portion of veggies? They can be prepared any way you like. One serving is 1 fist sized portion and you should try to eat a few portions per meal.



### 4. Where are the **carbs**?

If you have fat to lose but haven't just worked out, eat less pasta, bread, rice and other starchy carbs. Opt for a double serving of veggies instead. If you have just worked out, a mix of carb sources is fine.

### 5. Where are your **Fats** coming from?

Today you need some fats from various foods, prioritising whole food sources like eggs, meats, fish, olives, nuts and seeds. Spread these out throughout the day.



**Maddy Bard**

The change starts with you...

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