



Everyday Energy

Healthy Habits for Every Body



helloraderco.com



Excuses VS Reasons



Excuses VS Reasons

Our Itinerary

Movement

rader
co.

Meals

rader
co.

Power-Ups and
Resets

rader
co.

6

13

20

27

14

x

28

15

22

29

5

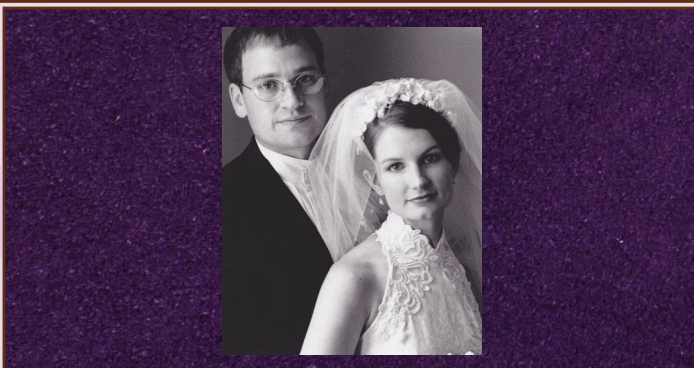
January						
S	M	T	W	T	F	S
			X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	

February						
S	M	T	W	T	F	S
						X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X

March						
S	M	T	W	T	F	S
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X					



Celebration for the habit



2020

CALENDAR

JANUARY

S	M	T	W	T	F	S
			X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	22	23	24	25
26	27	28	29	30	31	

FEBRUARY

T	W	T	F	S
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

MARCH

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JUNE

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Stop Letting Work Steal Mornings

three before screens



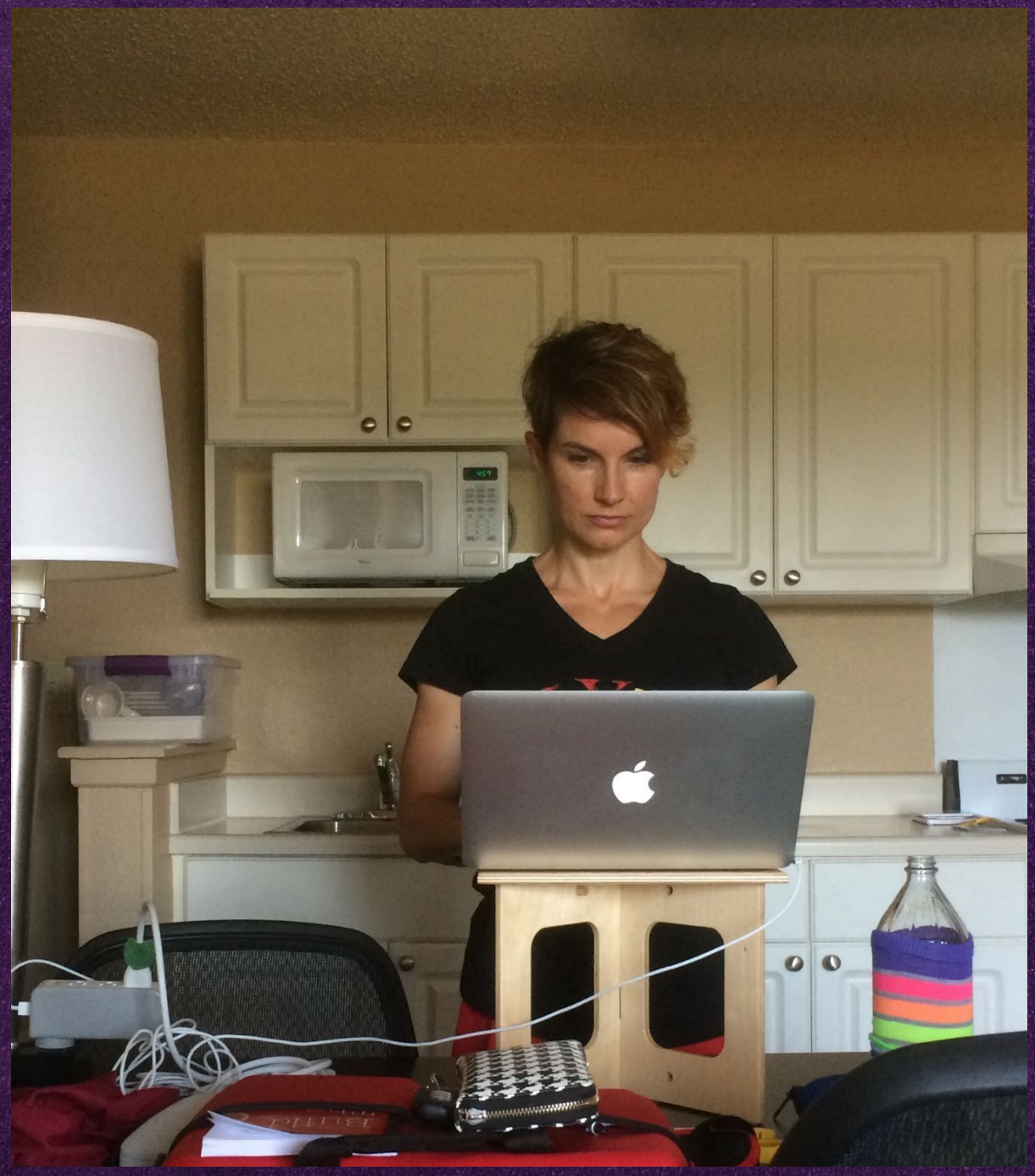
TOP PRIORITIES	
MY HABIT FOCUS	achieved!
	☐
BLOCK 1	BLOCK 2
BLOCK 3	BLOCK 4
BLOCK 5	BLOCK 6

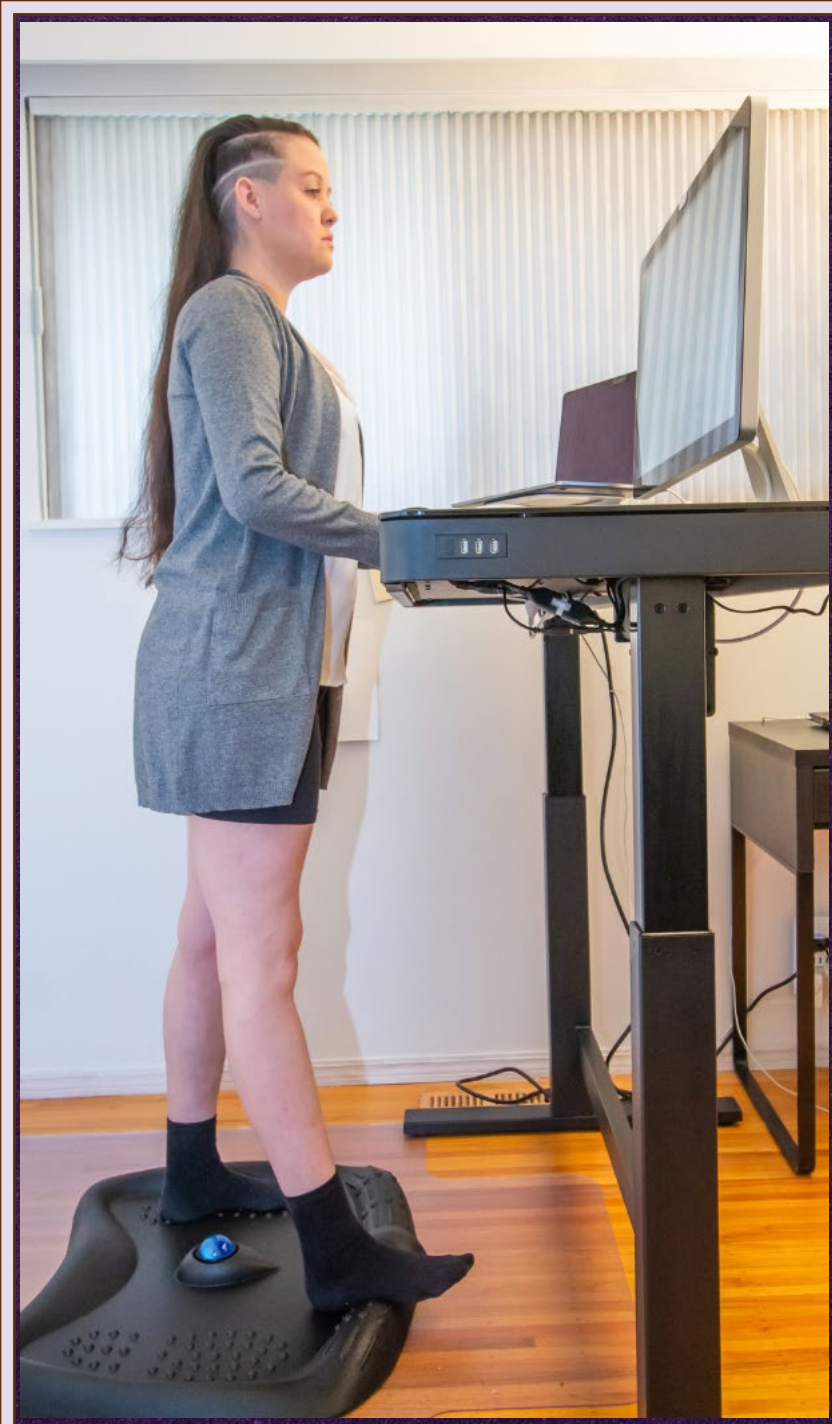


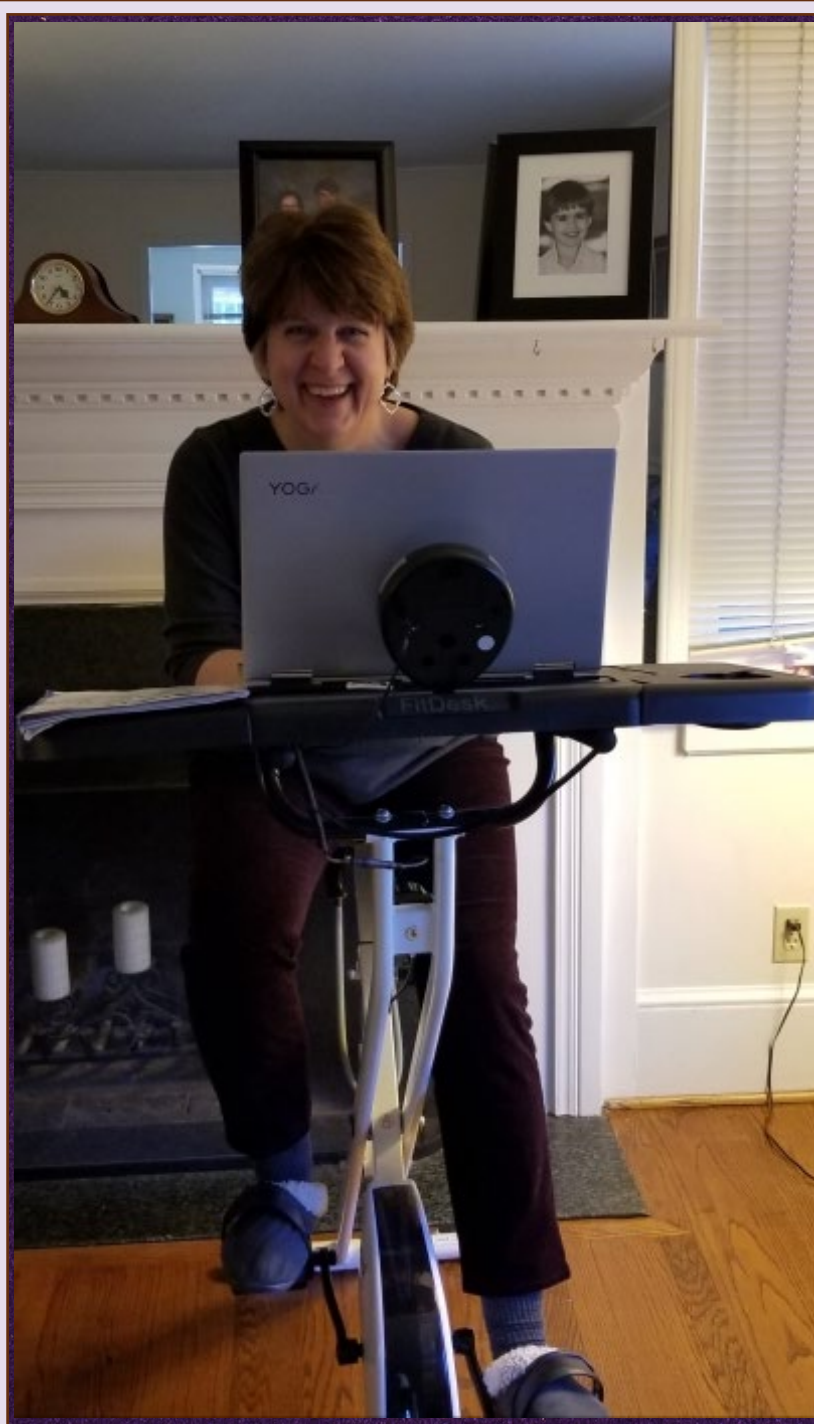
what's your sunrise checklist?

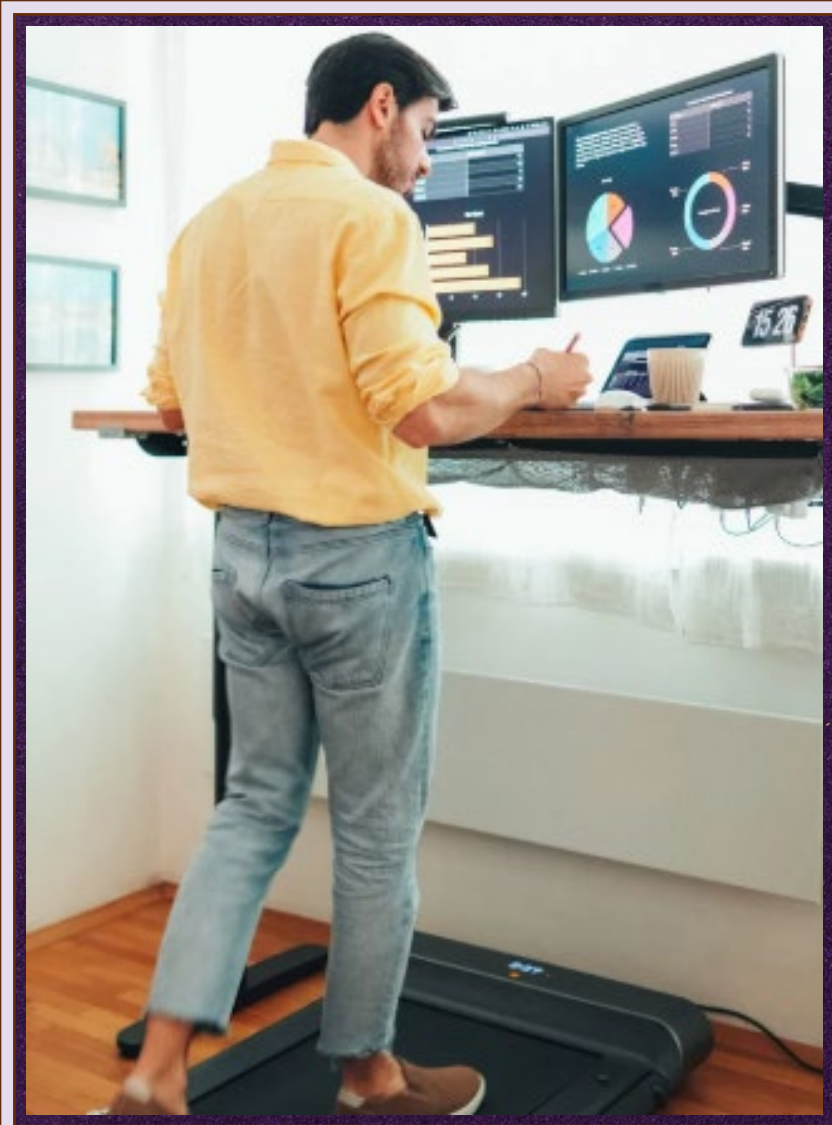












Move – it's N.E.A.T!





Tucson, AZ

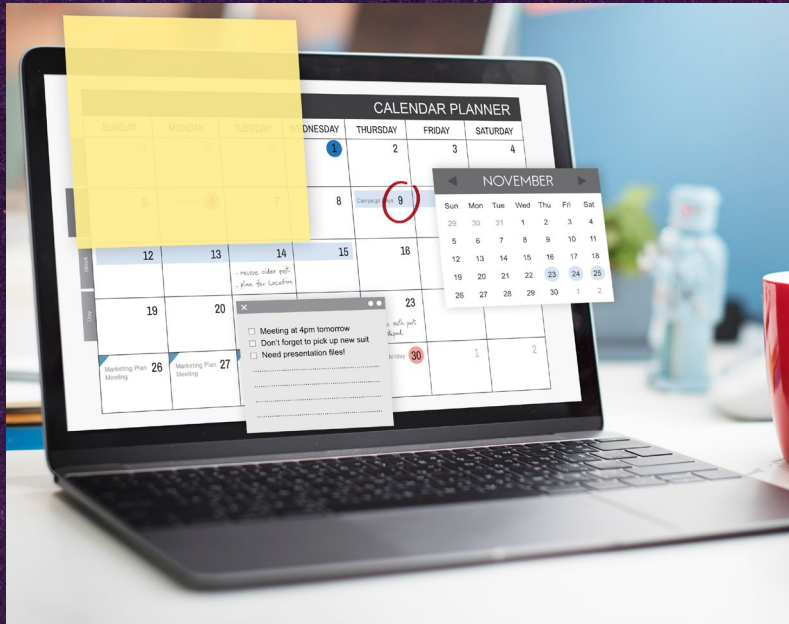
Downers Grove, IL

Tina Vera and Peggy Collins are currently on a MOVING conference call. Please get up, MOVE around and join us at [access code](#) Happy MOVING. #RTIMOVES









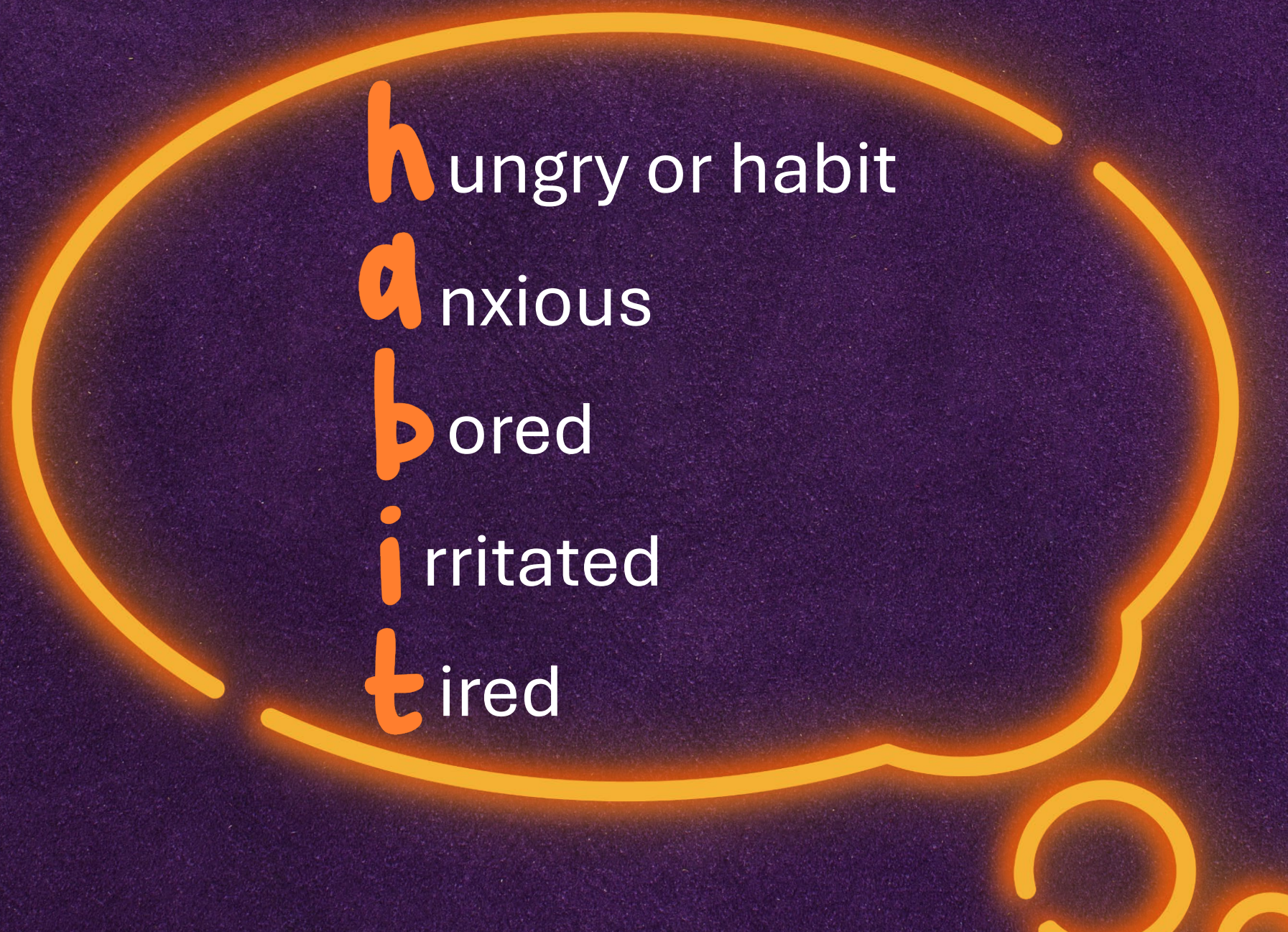


Counterfeit Energy



One Less Pump





hungry or habit

anxious

bored

irritated

tired



Coffee, Timed for you

- Timing impacts focus and sleep

- 60-90 min after waking

- Avoid 6 hours before bed



Break *fast* bombs





Review online

Be a scoper

Order first

Use AI



screen apnea & blink breaks



+



+



Shallow breathing

Fewer blinks

**Tension and
Dry eyes**

4

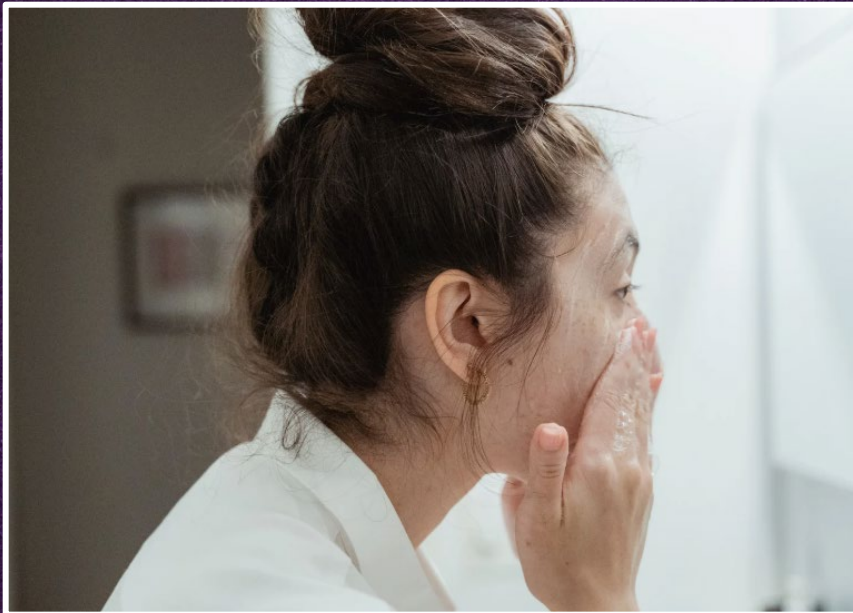
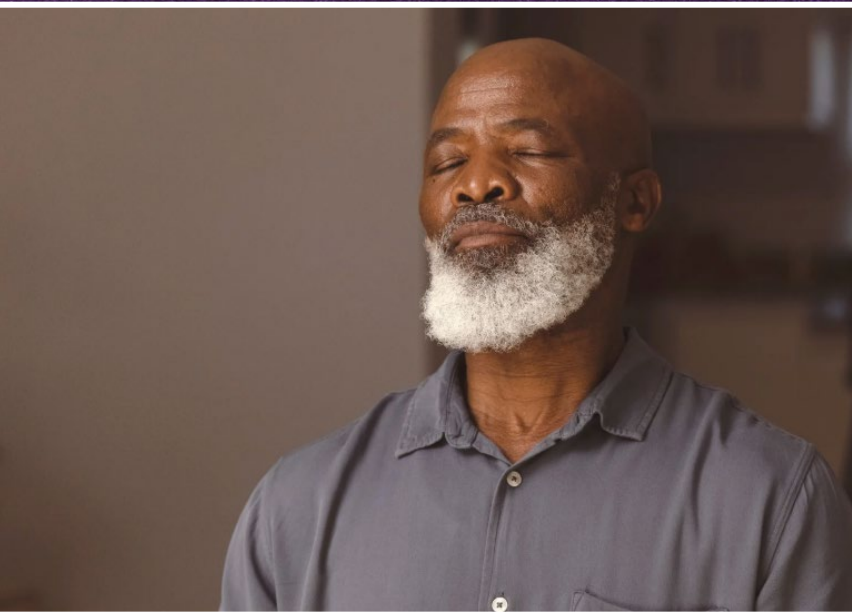
6

8

**protect the
pre-sleep
hour**

**Work + blue-rich
light sabotages
sleep!**





what's your sundown checklist?

raise your stress ceiling



**10 min
meditation**



**10 min call w/
friend**



**10 min
in nature**



**20 min
exercise**



**27 min
nap**



**Gratitude
journaling**



[...]



[...]

Pick two resets!



**Our lives are defined by opportunities,
even the ones we miss.**



think-pair-share

What is one thing in your workday that drains your energy and you've normalized it?

What is one way you can shift that – small, realistic, sustainable?

Before X, I will do X first.

Example: At 2:30 p.m. I eat ¼-cup nuts before the craving, then 4-6-8.



One Behavior beats 10 intentions

RaderCo Recap



3 Before Screens

Sunrise Checklist

Stand/Move Desk

Movement Opportunities



Walking Meetings

H.A.B.I.T

Coffee Timing

Break Fast Bomb



Restaurant Recs

Breath/Eye Breaks

Sundown Checklist

Stress Ceiling



Action

1. First Step



<https://radergoodies.com/ncacpa-energy>