

2024 WORKBOOK

# THE OVIE FOCUS CHALLENGE

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Set your intentions and reflect with  
guided tools and resources

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# WHAT IS THE FOCUS CHALLENGE?

Sometimes it can be hard to know where to start when wanting a refresh or how to make positive changes in your life that you can maintain for the long run. The Ovie Focus Challenge was created to provide guidance on setting your intentions for where and who you want to be. We've experienced this too, and having a plan in place to get you started can really help you find the way. So, we hope this brings you peace and clarity in your life, and we're so pleased to welcome you to the Ovie community.



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Listen back to our Live Q&A with Ovie founder, Clare Goodwin for her tips and advice.

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# THE FOUR PILLARS

Welcome to Ovie, where we believe in empowering individuals to manage PCOS through our four pillars: Connect, Nourish, Move, and Rest. These pillars serve as the cornerstone of our program, embodying the essential elements necessary for navigating the complexities of PCOS and fostering a life free from its constraints.

Throughout your journey with Ovie, these pillars remain constant guides, integrated into every aspect of our program. Whether you're setting goals, engaging with our community, or exploring new wellness practices, our commitment to Connect, Nourish, Move, and Rest ensures that you have the support and resources you need to thrive!



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**CONNECT**



# CONNECT

## YOUR FIRST FOCUS IS ABOUT CONNECTION – CONNECTING WITH YOURSELF.

Rather than setting 'doing' goals, such as "I want to lose 10kgs", "I want to look like xyz", "I want to run a marathon" – we challenge you to set goals about the person you want to be at the end of this year.

Start by getting a pen and paper, and work through the following journaling prompts. These will help you to understand the person you want to become across the year of 2024, or qualities and ways of living you want to embody.

### WHAT 5 VALUES DO YOU CONSIDER MOST IMPORTANT IN LIFE?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### HOW DO YOUR ACTIONS ALIGN WITH THOSE VALUES?

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### WHAT THREE CHANGES CAN YOU MAKE TO LIVE ACCORDING TO YOUR PERSONAL VALUES?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# CONNECT EXAMPLE

WHAT 5 VALUES DO YOU CONSIDER MOST IMPORTANT IN LIFE (E.G. HONESTY, LOYALTY, KINDNESS, HEALTH, FAMILY)?

1. HEALTH

2. HONESTY

3. LOYALTY

4. KINDESS

5. FAMILY

HOW DO YOUR ACTIONS ALIGN WITH THOSE VALUES?

HEALTH - Currently I can push my body too hard with exercise, and I often cheat on sleep to add in an early or evening workout session. I am not eating enough vegetables, and I have let a lot of processed foods sneak into my everyday life.

WHAT THREE CHANGES CAN YOU MAKE TO LIVE ACCORDING TO YOUR PERSONAL VALUES?

1. Reduce workouts to max 4 strength sessions + 1-2 slow walks

2. Eat more natural state foods i.e. seed cracks vs Snaxx crackers

3. Get at least 7-8 hours of sleep per night

This isn't too different from the 'What's your Why' exercise you complete at the start of your Ovie journey, just a different take on it. It's okay if these are similar; that means you have a strong 'why compass' guiding you to where you want to go! It can be a great exercise to revisit your 'why compass' from time to time and check if you're still traveling on the path you want to be. The New Year is a wonderful time to do this!







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# NOURISH



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# NOURISH

## YOUR NEXT FOCUS FOR IS ABOUT NOURISHMENT.

With many New Year's resolutions or challenges the word "diet" is often thrown around. A change to our diet, typically being more restrictive, is a common resolution. But if we think about that, if year on year we aim to eat less and eat less, then each year we would become hungrier than the last! But the reason this same resolution in regards to diet comes up each year is most likely because we've not stuck to it.

Because it's not sustainable to 'just eat less'.

Instead, we think it's perfectly reasonable to make a goal to change our diet, if this brings us closer towards the person we want to be - someone who is energetic, or healthy, or living life to their fullest. Living out these values requires us to have energy from the food we eat, and be nourished.



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# NOURISH

**SO WITH THIS 2024 FOCUS, WE CHALLENGE YOU TO ADD MORE NOURISHMENT TO YOUR DIET.**

This could look like:

1. Swapping out a more processed bread option for a paleo, or a lower processed option made with plenty of seeds and whole grains.
2. Adding an extra serving of non-starchy veggies to each meal, like frozen zucchini to a breakfast smoothie, a handful of veggie sticks to a lunch meal or tossing some leafy greens to a mince mixture or saucy dish at dinnertime.
3. Changing a diet soda for a sparkling water, kombucha or non-alcoholic seltzer.
4. Adding a sprinkling of nuts and seeds to salads.
5. Opting to make a simple olive oil and vinegar salad dressing over a purchased alternative.

**JOT DOWN 3 THINGS YOU'RE GOING TO DO OVER THE NEXT WEEK TO ADD MORE NOURISHMENT TO YOUR DIET**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



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**MOVE**

# MOVE

## MOVE YOUR BODY!

Your third focus is to consider how you're moving your body, and if any improvements could be made to this - whether that's increasing or decreasing your amount of movement, or changing the way you move your body.

Just like in our first focus task, we want you to think about what your values are in relation to exercise and movement. What does your ideal week of movement look like?

- Are as many sessions as possible done outdoors (as the weather permits!) because you get physical and mental benefits from being in nature and sunshine?
- Are some of these sessions done with friends or family to make it social and enjoyable?
- Do you like to have a mix of types of movement across your week to keep things interesting? Including strength training, pilates, yoga and walking or running? Or do you prefer to keep it simple and have only a few go to's?
- Have you been a long time exerciser and know what you like, or are you just starting your movement journey and want to try and find the right form of movement for you?



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# MOVE

## YOUR IDEAL WEEK OF MOVEMENT

Have a think about questions like these and more, to create a vision for what your ideal form of movement, and what an ideal week might look like. Remember, ideal weeks don't happen all the time, but if we can make towards moves by doing some of the movements we want to be doing, this is still great!

## WHAT 3 CHANGES CAN YOU PUT IN PLACE THIS WEEK TO GET YOU CLOSER TO THAT VISION?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
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**REST**

# REST

## DON'T BE CHEATING ON SLEEP!

In today's world, rushing and being busy have been glamorised, and we are here to tell you it is anything but!

Not having enough sleep (which is 7-9 hours for most people, so no, 12 am-6 am doesn't make the cut!) or not having quality sleep can have serious consequences for your health and how your body functions:

- It can increase your sugar cravings by up to 40%.
- It increases insulin sensitivity.
- It can lead to brain fog, poor concentration, and daytime fatigue.
- It can lead to reduced muscle recovery, increasing the risk of injury, and poorer physical performance.
- Reduced deep sleep affects the brain's ability to perform its nightly 'cleaning' of all the toxic buildup it accumulates from daily thinking. If these toxins aren't cleared effectively, it can reduce brain function and increase the risk of long-term brain diseases such as dementia.
- And more!

The good news is, there are things we can do to improve our sleep duration and sleep quality. Check out our sleep hygiene tips on the next page.



# REST

## 9 TIPS FOR A BETTER SLEEP

- **Regularity**
  - Aim to get your body into a routine of sleeping and waking at the same time - yes, even on the weekends.
- **Light**
  - Darkness helps signal to our body that it's time to wind down and produce melatonin to help us get to sleep, just as lightness in the morning helps signal to our body to wake. We are a dark-deprived society with technology so actively darkening your environment is important.
- **Temperature**
  - You need to get cool to get to sleep - roughly 68°F/18.5°C is optimal. Having a hot shower within the hour before bed will help by bringing your body temperature up and then back down before you sleep.
- **"Walk it out"**
  - If you've been awake for 20 minutes, then get up, go and do something else and only come back to bed when you're sleepy. Lying awake in bed builds a learned association that you're awake when you're in bed.
- **Alcohol & caffeine**
  - Avoid these near bed time. Alcohol reduces REM sleep, so while the sedative effects of alcohol will help you get to sleep 'quickly', the quality of your sleep will be affected. Caffeine is a stimulant, it blocks sleep-inducing chemicals in the brain and increases adrenaline production..

# REST

## 9 TIPS FOR A BETTER SLEEP

- **Remove technology from the bedroom, for two reasons:**
  - Anticipation anxiety: Don't make checking your phone (e.g., emails, texts, etc.) the first thing you do in the morning as this trains your brain that even as you're tucking yourself in bed at night to expect that anxiety waiting for you on your side table. This "anticipatory anxiety" actually lightens your sleep throughout the night because of that expectation.
  - "Sleep procrastination": ie. scrolling through your phone looking for that next interesting thing and procrastinating the process of putting your mind to rest. Procrastination hack from Matthew Walker's colleague, Michael Grandner: If you're going to have your phone in your bedroom, make it a rule that you can only use it if you're standing up. After 5-10 minutes of standing you just think, "God, I just want to sit down. I just want to get into bed."
- **Keep the bed for sleep and sex**
  - These two things are all we want to associate our bed with rather than paying bills, reading emails, watching netflix etc.



# REST

## 9 TIPS FOR A BETTER SLEEP

- **Wind-down routine**
  - This is absolutely critical to build it into your routine. Many people expect sleep to be like a light switch — it's just not like that. A routine might be 15 minutes for some, others it's 30 minutes. Things like light stretches, meditation, putting all screens away, showering, drinking tea and reading can be a part of the routine.
- **Keep a pen and paper by your bed**
  - If a thought you've just had is playing over in your head as you need to remember it, jotting it down will help remove the stress of forgetting.

**KEEP THESE GOOD PRACTICES IN MIND AND JOT DOWN YOUR IDEAL SLEEP ROUTINE. WHAT 3 CHANGES CAN YOU MAKE THIS WEEK TO GET YOU CLOSER TO THAT VISION?**

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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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# ADDITIONAL RESOURCES



## NOURISH

Browse from 200+ PCOS-friendly recipes in the Ovie app. Use the recipe section as a meal guide for your week to ensure you are eating well and nourishing your body.

[REFER TO RECIPE SECTION IN APP](#)



## MOVE

Access a range of workouts for all levels and phases of life, including pregnancy-friendly and postpartum options. Build your way up by taking our short move lessons if you're starting fresh!

[REFER TO MOVE SECTION IN APP](#)



## REST

Listen to these sleep meditations when you need some guidance on how to reflect on your day. You can keep revisiting them whenever you like because every day will be different.

[LISTEN HERE](#)



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# MOVE WORKOUT CHECK LIST

Choose 3-6 workouts from the workout library to add into your week and tick them off once complete.



WEEK 1 - WORKOUT 1

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WEEK 2 - WORKOUT 1

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WEEK 1 - WORKOUT 2

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WEEK 2 - WORKOUT 2

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WEEK 1 - WORKOUT 3

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WEEK 2 - WORKOUT 3

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## NOTES:

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# RECIPE CHECK LIST

Choose 6 recipes to add into your week and tick them off once complete. These can be anything from breakfast, lunch, dinner or snacks - get into the habit of making healthy, nutritious food to fuel you!

WEEK 1 - RECIPE 1

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WEEK 2 - RECIPE 1

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WEEK 1 - RECIPE 2

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WEEK 2 - RECIPE 2

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WEEK 1 - RECIPE 3

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WEEK 2 - RECIPE 3

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## NOTES:

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# LIVE Q&A RECORDING WITH CLARE

Listen to the live recording with Ovie founder Clare as she answers several questions from the Ovie community. Stay tuned for more of these sessions!

[WATCH HERE](#)

# WORKBOOK COMPLETE

Congratulations on completing the Ovie Focus Challenge! Your dedication to managing PCOS through our four pillars - Connect, Nourish, Move, and Rest - is truly commendable. As you reflect on your journey, remember that this workbook isn't just a one-time endeavor. You can revisit it at any point in your life to reconnect with your goals and set new intentions based on your current phase of life. Your commitment to self-care and holistic well-being is inspiring, and we're here to support you every step of the way. Keep thriving, keep growing, and remember that with Ovie, the possibilities for a vibrant, PCOS-free life are endless.

[OVIE.IO](https://ovie.io)

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# NEED PERSONALIZED HELP WITH YOUR PCOS?

If there's an area in your life where you feel you need that extra bit of help and guidance regarding your PCOS, look no further. Our Ovie 1:1 coaching offers personalized support tailored to your unique needs and challenges. Our team of experts is here to provide dedicated assistance, whether you're seeking advice on nutrition, fitness, emotional well-being, or any other aspect of managing PCOS. With Ovie's 1:1 coaching, you'll receive individualized attention and strategies to empower you on your journey to a healthier, happier life with PCOS.

[TRY OVIE COACHING](#)

