

14-DAY

healthy diet challenge

Chew
each
mouthful
30 times

Drink 8
glasses
of water

Eat six small
meals a day

Eat more
fruits

Drink
herbal
tea

Don't eat
refined
sugar

Don't eat
processed
foods

Eat lean
meat

Try a
new
exercise

Carb
Free Day

Vegetarian
Meal Day

Day of
Fasting

Cook at
home

30
additional
minutes
exercise

Go Healthy
Grocery
Shopping

Don't eat
past 7
pm

14-DAY

healthy diet challenge

Chew
each
mouthful
30 times

Drink 8
glasses
of water

Eat six small
meals a day

Eat more
fruits

Drink
herbal
tea

Don't eat
refined
sugar

Don't eat
processed
foods

Eat lean
meat

Try a
new
exercise

Carb
Free Day

Vegetarian
Meal Day

Day of
Fasting

Cook at
home

30
additional
minutes
exercise

Go Healthy
Grocery
Shopping

Don't eat
past 7
pm

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

S

TODAYS GOALS

TODAYS APPOINTMENT

TIME

EVENT

[illegible]

WEATHER



MOOD



MEAL TRACKER

BREAKFAST

LUNCH

DINNER

SNACKS

WATER INTAKE



TOTAL

THINGS TO GET DONE TODAY

[illegible]

EXERCISE

TOTAL MUNITES

TOTAL STEPS

REMINDER TO

MONEY TRACKER

MONEY IN

FROM

MONEY OUT

FOR

TODAY I AM GRATEFUL FOR

NOTES

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

S

FOR

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

S

TODAYS GOALS

TODAYS APPOINTMENT

TIME

EVENT

[illegible]

WEATHER



MOOD



MEAL TRACKER

BREAKFAST

LUNCH

DINNER

SNACKS

WATER INTAKE



TOTAL

THINGS TO GET DONE TODAY

[illegible]

EXERCISE

TOTAL MUNITES

TOTAL STEPS

REMINDER TO

MONEY TRACKER

MONEY IN

FROM

MONEY OUT

FOR

TODAY I AM GRATEFUL FOR

NOTES

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR

PERSONAL REFLECTION

HOW I FEEL ABOUT MY WEIGHT LOSS

WHAT CHALLENGE DID I COMPLETE AND HOW DID IT GO

WHAT WENT WELL TODAY

WHAT I AM GRATEFUL FOR
