

10 EASY HABITS OF EATING WELL BEING WELL

HABITS THAT I AM SELECTING

Am I sticking to my habits each day?

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
#__							
#__							
#__							
#__							

10 EASY HABITS OF EATING WELL BEING WELL

MY WEEKLY STEP UP GOALS

Am I stepping up each day as planned?

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Goal 1	<ul style="list-style-type: none">• Week 1:• Week 2:• Week 3:• Week 4:							
Goal 2	<ul style="list-style-type: none">• Week 1:• Week 2:• Week 3:• Week 4:							
Goal 3	<ul style="list-style-type: none">• Week 1:• Week 2:• Week 3:• Week 4:							

10 EASY HABITS OF EATING WELL BEING WELL

MY WEEKLY DOWN UP GOALS

Am I stepping down each day as planned?

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Goal 1	<ul style="list-style-type: none">• Week 1:• Week 2:• Week 3:• Week 4:							
Goal 2	<ul style="list-style-type: none">• Week 1:• Week 2:• Week 3:• Week 4:							
Goal 3	<ul style="list-style-type: none">• Week 1:• Week 2:• Week 3:• Week 4:							