

ONE WEEK HEALTH CHALLENGE

How to use: make healthy living commitments in the box on the left and track your commitments in the box on the right.

Daily Commitment

- DAILY JOURNALING
- SLEEP [] HOURS
- EAT [] SERVINGS OF VEGGIES
- EAT [] SERVINGS OF FRUIT
- DRINK [] ONCES OF WATER
- EXERCISE FOR [] MINUTES
- MEDITATE FOR [] MINUTES

	DAILY JOURNALING	SLEEP	VEGGIES	FRUIT	WATER	EXERCISE	MEDITATION
<i>Monday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Tuesday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Wednesday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Thursday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Friday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Saturday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Sunday</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT WORKED

WHAT DIDN'T WORK

WHY DID IT WORK

WHY DIDN'T IT WORK