CHOOSE YOUR CHALLENGE!

30 DAYS TO A HEALTHIER DIET CHALLENGE

CHOOSE THE BEST TIME FOR YOUR CHALLENGE

YEAR

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1 ☐ REVISION OF THE PRODUCTS IN THE FRIDGE;	2 ☐ SET YOUR INTENTIONS AND GOALS;	3 ☐ FOOD PLANNING;
4 ☐ INCORPORATING MORE COLOUR;	5 ☐ HEALTHY SNACKS ONLY;	6 ☐ ANYTHING YOU WANT;
7 ☐ ENJOY YOUR COFFEE WITH MILK;	8 ☐ COOK AT HOME;	9 ☐ HEALTHY SNACKS ONLY;
10 ☐ PIZZA FOR DINNER, PERMITTED;	11 ☐ PROTEIN BAR FOR SNACK;	12 ☐ EAT VEGETARIAN FOOD;
13 ☐ MAKE A BALANCED BREAKFAST;	14 ☐ TRY SLOW-COOKING IN A STEAM COOKER;	15 ☐ TRY RECIPES WITH BEANS;
16 ☐ CHOOSE WHOLE GRAIN PRODUCTS;	17 ☐ WINE, PERMITTED;	18 ☐ SMOOTHIES FOR BREAKFAST AND DINNER;
19 ☐ TRY A NEW FRUIT;	20 ☐ BALANCED DIET;	21 ☐ ORGANIC CHOCOLATE;
22 ☐ BALANCED BREAKFAST;	23 ☐ PASTA, PERMITTED;	24 ☐ FROZEN VEGETABLES IN THE DIET;
25 ☐ GRATED FRUIT TEA;	26 ☐ HOMEMADE SPICES;	27 ☐ FRESH HERBS;
28 ☐ TAKEAWAY FOOD;	29 ☐ AVOID SALT;	30 ☐ FOOD PLANNING.

I AM GRATEFUL FOR:

NOTES:

MOOD: