CHOOSE YOUR CHALLENGE

USEFUL HABITS EDUCATIONAL CHALLENGE

CHOOSE THE BEST TIME FOR YOUR CHALLENGE

YEAR

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

WEEK 1	MON	TUE	WED	THU	FRI	SAT	SUN
CREATE A BALANCE DIET PLAN AND STICK TO IT	☐	☐	☐	☐	☐	☐	☐
ONE CHEAT MEAL PER WEEK	☐	☐	☐	☐	☐	☐	☐
45 MINUTES OF ACTIVE MOVEMENT OR EXERCISE	☐	☐	☐	☐	☐	☐	☐
DRINK 3 L OF WATER	☐	☐	☐	☐	☐	☐	☐
WRITE DOWN INSPIRING OR MOTIVATING PHRASES	☐	☐	☐	☐	☐	☐	☐
READ 5 PAGES OF A FAVOURITE BOOK	☐	☐	☐	☐	☐	☐	☐

WEEK 2	MON	TUE	WED	THU	FRI	SAT	SUN
CREATE A BALANCE DIET PLAN AND STICK TO IT	☐	☐	☐	☐	☐	☐	☐
ONE CHEAT MEAL PER WEEK	☐	☐	☐	☐	☐	☐	☐
45 MINUTES OF ACTIVE MOVEMENT OR EXERCISE	☐	☐	☐	☐	☐	☐	☐
DRINK 3 L OF WATER	☐	☐	☐	☐	☐	☐	☐
WRITE DOWN INSPIRING OR MOTIVATING PHRASES	☐	☐	☐	☐	☐	☐	☐
READ 5 PAGES OF A FAVOURITE BOOK	☐	☐	☐	☐	☐	☐	☐

WEEK 3	MON	TUE	WED	THU	FRI	SAT	SUN
CREATE A BALANCE DIET PLAN AND STICK TO IT	☐	☐	☐	☐	☐	☐	☐
ONE CHEAT MEAL PER WEEK	☐	☐	☐	☐	☐	☐	☐
45 MINUTES OF ACTIVE MOVEMENT OR EXERCISE	☐	☐	☐	☐	☐	☐	☐
DRINK 3 L OF WATER	☐	☐	☐	☐	☐	☐	☐
WRITE DOWN INSPIRING OR MOTIVATING PHRASES	☐	☐	☐	☐	☐	☐	☐
READ 5 PAGES OF A FAVOURITE BOOK	☐	☐	☐	☐	☐	☐	☐

I AM GRATEFUL FOR:

NOTES:

MOOD: