

30 DAY Health and Weight Loss Challenge

Chew each
food bite
30 times

Drink 8, 8
oz glasses
of water

Eat six small
meals a day

Eat more
fruits

Drink
herbal tea

Eat
mindfully

Avoid
salt

Don't eat
processed
foods

Laugh and
smile daily

Don't
deprive
yourself

Take a cold
shower

Walk to
work, or
walk
before
work

Try a new
exercise

Eat more
leafy
vegetables

Find a
good
quality
probiotic or
turmeric
supplemen
t

Cook
healthy
meals at
home

Make a
homemade
favorite
with a
healthy
twist

Grocery shop
mindfully on a
full stomach

Don't eat
past 7 pm

Stretch in
the AM

Buy a herb
plant

Use
sunscreen
daily

Take the
stairs

Sleep for
eight hours

Don't eat
refined
sugar

Focus on
your
posture

Give up
weighing
yourself
daily

Avoid
saturated
fats

Eat lean
meat

Eat whole
carbs and
eat carb
substitutes

30-DAY HEALTHY HABIT CHALLENGE

NEW HABIT:

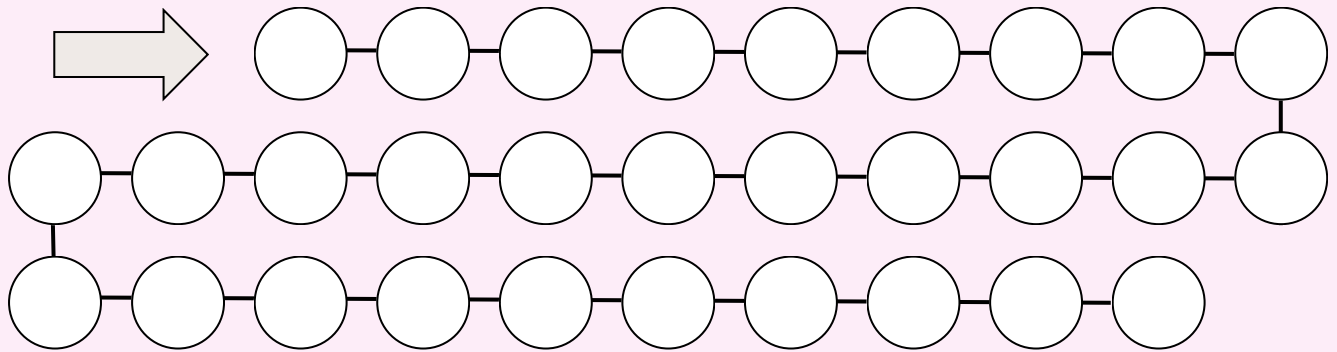
Why is this important for me?

Strengths:

Weaknesses:

Give yourself a reward:

Give yourself a check for every day you complete.



How did it go?

What did I learn?
