

NUTRITION HABITS

PICK NO MORE THAN ONE HABIT PER CATEGORY

	MEAL TIMING	FRUITS AND VEGGIES	MINDFULNESS
EASY	KEEP TRACK OF THE TIME OF YOUR LAST BITE OF THE DAY (DRINKS WITH CALORIES COUNT!)	EAT ONE VEGETABLE PER DAY OR EAT ONE FRUIT PER DAY	SIT AT A DINING TABLE TO EAT AT LEAST ONCE PER DAY
MEDIUM	KEEP TRACK OF THE TIME OF YOUR FIRST BITE OF THE DAY AND LAST BITE OF THE DAY (DRINKS WITH CALORIES COUNT!)	EAT ONE VEGETABLE PER DAY AND EAT ONE FRUIT PER DAY	DON'T LOOK AT A SCREEN WHILE YOU EAT AT LEAST ONE MEAL PER DAY
HARD	ESTABLISH A 12-HOUR EATING WINDOW OR LESS (EX: EATING FROM 8:00 AM TO 8:00 PM, FASTING FROM 8:00 PM TO 8:00 AM)	EAT ONE VEGETABLE PER MEAL AND EAT ONE FRUIT PER MEAL	CHEW AT LEAST ONE BITE OF FOOD 25 TIMES AT EACH MEAL

NUTRITION HABITS CHALLENGE

28 DAY CHALLENGE

1. Print it out!

3. Put a checkmark for each day you complete each habit. Color code your checkmarks if you are pursuing more than one habit.

SUN	MON	TUE	WED	THU	FRI	SAT

WAYS TO GET POINTS

PICK NO MORE THAN 3
1 POINT FOR EACH

- 1.
- 2.
- 3.

GOAL = 80% OR MORE

TALLY 'EM UP

WEEK 1 = _____

WEEK 2 = _____

WEEK 3 = _____

WEEK 4 = _____

_____/_____
EARNED AVAILABLE POINTS

2. Pick no more than 3 habits to work on at a time and write them down here.

4. Add them up! Shoot for 80% adherence.

1 habit = 28 points available
2 habits = 56 points available
3 habits = 84 points available

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GOAL = 80% OR MORE

TALLY 'EM UP

WEEK 1 = _____
WEEK 2 = _____
WEEK 3 = _____
WEEK 4 = _____

 / POINTS
EARNED / AVAILABLE