

Week 1

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							

Week 2

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							

Week 3

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							

Week 4

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan. What is your reason for	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							

Week 5

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							

Week 6

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							

Week 7

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							

Week 8

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							

Week 9

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							

Week 10

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							

Week 11

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							

Week 12

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Plan ahead of time what you eat. STICK TO IT	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hydration: Drink more H2O	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MINDSET: Be faithful to your plan	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DID you follow through? Why or why not?							