

<b>WEEK 1 CHALLENGES:</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
I accumulated at least 15 minutes of walking							
I parked farther away on Monday and Friday							
I took the stairs							
I stretched for 10 minutes							
I took a walking lunch or walking meeting							
I was hungry after 8pm and only ate above ground veggies							
I took a 15 minute walk with my family without headphones							
I turned off the computer and/or TV one hour before bed							
I slept 6-8 hours last night							
I wrote in my journal what I was grateful for today							
I drank 1/2 my body weight (ounces) of water							
I meditated for five minutes							

At the end of the week, I felt:

<b>WEEK 2 CHALLENGES:</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
I accumulated at least 15 minutes of walking							
I parked farther away on Monday and Friday							
I took the stairs							
I stretched for 10 minutes							
I took a walking lunch or walking meeting							
I was hungry after 8pm and only ate above ground veggies							
I took a 15 minute walk with my family without headphones							
I turned off the computer and/or TV one hour before bed							
I slept 6-8 hours last night							
I wrote in my journal what I was grateful for today							
I drank 1/2 my body weight (ounces) of water							
I meditated for five minutes							

At the end of the week, I felt: