

# Check Your #Selfie

|                                    |                                                       |                                       |                           |                                   |
|------------------------------------|-------------------------------------------------------|---------------------------------------|---------------------------|-----------------------------------|
| Workout<br>#3 This<br>Week!        | 8 Hours<br>Of Sleep                                   | I Chose<br>This<br>Instead<br>Of That | Thankful<br>Thursday      | Never<br>Miss A<br>Monday         |
| Get<br>Moving<br>Monday            | Trying<br>Something<br>New                            | Seven<br>Days<br>Soda<br>Free         | But Did<br>You Die<br>??? | Taking<br>Time<br>For ME          |
| Track<br>Nutrition<br>Tuesday      | Workout<br>Wednesday                                  | <b>FREE</b>                           | Eat Your<br>Veggies       | My<br>Healthy<br>Breakfast        |
| My<br>Healthy<br>Breakfast         | Thirsty<br>Thursday<br>(Got My<br>Water Intake<br>In) | My<br>Healthy<br>Go-To<br>Snack       | Meal<br>Prep<br>Time      | Non<br>Scale<br>Victory           |
| Made a<br>Healthy<br>New<br>Recipe | Fruit For<br>Dessert                                  | Take<br>The<br>Stairs                 | Workout<br>Wednesday      | Give<br>Someone<br>A High<br>Five |

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|                              |                     |                         |                          |                                           |
|------------------------------|---------------------|-------------------------|--------------------------|-------------------------------------------|
| Workout Wednesday            | But Did You Die ??? | Thankful Thursday       | Get Moving Monday        | Seven Days Soda Free                      |
| I Chose This Instead Of That | Workout Wednesday   | Never Miss A Monday     | Fruit For Dessert        | Taking Time For ME                        |
| My Healthy Breakfast         | Eat Your Veggies    | <b>FREE</b>             | My Healthy Breakfast     | 8 Hours Of Sleep                          |
| Meal Prep Time               | Take The Stairs     | Workout #3 This Week!   | Give Someone A High Five | Thirsty Thursday (Got My Water Intake In) |
| My Healthy Go-To Snack       | Non Scale Victory   | Track Nutrition Tuesday | Trying Something New     | Made a Healthy New Recipe                 |

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|                         |                          |                        |                                           |                              |
|-------------------------|--------------------------|------------------------|-------------------------------------------|------------------------------|
| Fruit For Dessert       | Take The Stairs          | But Did You Die ???    | Non Scale Victory                         | Eat Your Veggies             |
| Workout #3 This Week!   | My Healthy Breakfast     | My Healthy Go-To Snack | Trying Something New                      | Never Miss A Monday          |
| Track Nutrition Tuesday | Give Someone A High Five | <b>FREE</b>            | Thirsty Thursday (Got My Water Intake In) | Meal Prep Time               |
| Workout Wednesday       | Taking Time For ME       | Thankful Thursday      | Workout Wednesday                         | I Chose This Instead Of That |
| My Healthy Breakfast    | 8 Hours Of Sleep         | Seven Days Soda Free   | Get Moving Monday                         | Made a Healthy New Recipe    |