

weight loss

Wrote in my food journal for a week	Checked in to the group for a week	Listened to Poddy 121- Take the stress out of your THM journey	Weighed in Week #2	Read Chapter 15- eating out
Incorporated some gut-friendly foods into my diet	Wrote in my food journal for a week	Read or review S E FP Chapters	Checked in to the group for a week	Worked on my habits
Followed a Meal Planning Framework	Read Chp. 9 about snacking Weighed in Week #1	FREE	Listened to a FB live	Wrote in my food journal for 1 week
Listened to a FB live	Weighed in Week #4	Read Chapter 14-family friendly	Set Goals for September	Listened to Poddy 31- Stop Overcomplicating it
Listened to Poddy 127- All you Need are these 3 things to be Trim & Healthy	Read Chapter 19 & identified some drive-thru Sue meals I'd like to add to my busy meal plan	Followed a Menu Plan	Got to bed before midnight for 7 days in a row	Weighed in Week #3

weight loss

Listened to Poddy 57- Stop Making This So Hard	Followed a Meal Planning Framework	Listened to a FB live	Wrote in my food journal for a week	Checked in to the group for a week
Wrote in my food journal for a week	Wrote in my food journal for 1 week	Read Chp. 9 about snacking Weighed in Week #1	Weighed in Week #2	Read Chapter 19 & identified some drive-thru Sue meals I'd like to add to my busy meal plan
Listened to a FB live	Read Chapter 15- eating out	FREE	Incorporated some gut-friendly foods into my diet	Listened to Poddy 121- Take the stress out of your THM journey
Read or review S E FP Chapters	Wrote out a busy meal plan with quick & easy meals my whole family will love	Weighed in Week #3	Weighed in Week #4	Followed a Menu Plan
Got to bed before midnight for 7 days in a row	Set Goals for September	Checked in to the group for a week	Read Chapter 14-family friendly	drank 10 glasses of water for 7 days in a row

weight loss

Wrote out a busy meal plan with quick & easy meals my whole family will love	Incorporated some hormone friendly food into my diet	Followed a Meal Planning Framework	Weighed in Week #3	Incorporated some gut-friendly foods into my diet
Read Chp. 9 about snacking Weighed in Week #1	Kept up with an exercise routine for the month (3-4 days of exercise/week)	drank 10 glasses of water for 7 days in a row	Checked in to the group for a week	Wrote in my food journal for a week
Read Chapter 14-family friendly	Got to bed before midnight for 7 days in a row	FREE	Weighed in Week #2	Listened to a FB live
Listened to Poddy 121- Take the stress out of your THM journey	Listened to Poddy 57- Stop Making This So Hard	Checked in to the group for a week	Listened to Poddy 127- All you Need are these 3 things to be Trim & Healthy	Read Chapter 19 & identified some drive-thru Sue meals I'd like to add to my busy meal plan
Set Goals for September	Wrote in my food journal for a week	Weighed in Week #4	Listened to a FB live	Worked on my habits