

28 DAYS HABITS CHALLENGE

Focus and Track your progress!

YOUR START:



SCALE HAPPINESS 1-2-3-4-5-6-7-8-9-10

SCALE FEELING HEALTHY 1-2-3-4-5-6-7-8-9-10

YOUR NAME:



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

- | | | | | |
|---|---|---|---|---|
| <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> ONE CHEATMEAL |
| <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L |
| <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H |
| <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH |
| <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H |
| <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC |
| <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK |

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

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| <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> ONE CHEATMEAL |
| <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L |
| <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H |
| <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH |
| <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H |
| <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC |
| <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK |

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

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| <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> ONE CHEATMEAL |
| <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L |
| <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H |
| <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH |
| <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H |
| <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC |
| <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK |

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

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| <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> ONE CHEATMEAL |
| <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L |
| <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H |
| <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH |
| <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H |
| <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC |
| <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK |

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

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|---|---|---|---|---|
| <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> ONE CHEATMEAL |
| <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L |
| <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H |
| <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH |
| <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H |
| <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC |
| <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK |

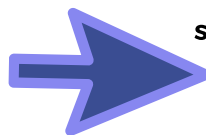
DAY 26

DAY 27

DAY 28

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|---|---|---|
| <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS | <input type="checkbox"/> DIET - NO CHEATS |
| <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L | <input type="checkbox"/> WATER 3L |
| <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H | <input type="checkbox"/> SLEEP 7-8H |
| <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH | <input type="checkbox"/> TRAINING/STRETCH |
| <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H | <input type="checkbox"/> CHILL 1H |
| <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC | <input type="checkbox"/> FRONTAL PIC |
| <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK | <input type="checkbox"/> #MYPOSTHAPPYWALK |

YOUR RESULTS:



SCALE HAPPINESS 1-2-3-4-5-6-7-8-9-10

SCALE FEELING HEALTHY 1-2-3-4-5-6-7-8-9-10



YOUR HEALTH COACH
healthy lifestyle solutions