

MY START DATE:

LEVEL:

# Calendar



Check the box when you've had a successful day!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Complete all lessons for Week 1 <input type="checkbox"/>	Drink half your body weight in oz of water <input type="checkbox"/>	You've got this <input type="checkbox"/>	Feeling good already! <input type="checkbox"/>	Use one of Chef Stephanie's recipes to make fancy infused water for your weekend mocktail! <input type="checkbox"/>	Grocery Shopping for Week 2 <input type="checkbox"/>	Meal Prep for Week 2 <input type="checkbox"/>
Complete all lessons for Week 2 <input type="checkbox"/>	Make sure you are eating enough food! Don't go hungry <input type="checkbox"/>	Don't forget your water! <input type="checkbox"/>	Need a pep talk? Jump in the Facebook group for support! <input type="checkbox"/>	Slow Down Enjoy your food Give thanks <input type="checkbox"/>	Grocery Shopping for Week 3 <input type="checkbox"/>	Meal Prep for Week 3 <input type="checkbox"/>
Complete all lessons for Week 3 <input type="checkbox"/>	Complete the highlighter exercise in your food journal <input type="checkbox"/>	I kicked ass today <input type="checkbox"/>	Are you still drinking enough water? <input type="checkbox"/>	Check out the Fb Group for more recipe ideas <input type="checkbox"/>	Grocery Shopping for Week 4 <input type="checkbox"/>	Meal Prep for Week 4 <input type="checkbox"/>
Complete all lessons for Week 4 <input type="checkbox"/>	Home Stretch! <input type="checkbox"/>	So much energy! <input type="checkbox"/>	Share your experience in the Fb group- you may help someone who needs a pep talk <input type="checkbox"/>	H2O! H2O! H2O! <input type="checkbox"/>	Complete all lessons in the Bonus Module <input type="checkbox"/>	<b>YOU DID IT!!!!</b>