

# 30 Day Health Challenge Calendar

1. What is your 30 day challenge goal? \_\_\_\_\_

2. What are the 3 biggest reasons you need to complete this challenge?

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3. Record 3 problems you will face and how you will overcome them:

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4. Read your written goal and your 'Why' each morning and night!

5. Write in a journal before bed reflecting on how the challenge is going...**believe in yourself...don't give up!**

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>
<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>
<u>29</u>	<u>30</u>	Notes:				