

7+ hours of sleep	20 minutes to finish dinner AND seated	Traded up a food choice	Cleared out some toxic cleaning supplies	Took my lunch to work or school
Took a walk	Had less than 3 drinks (alcohol) this week.	Zero Soda pop all week.	Passed on a dessert.	Increased the number of veggies I ate today by 1.
Drank at least 64 oz of water.	Threw out a red light food.	Free Space	Checked in on the FB page	Stopped before I was full.
Set my outcome goal and put it aside.	Chose tea over a sugary drink	Took a walk.	Told someone about the Kitchen Makeover	20 minutes to finish dinner.
Completed the 5 Why's Exercise	Drank at least 64 oz of water	Set a behavior Goal	Traded up a dessert choice.	Cleaned out a red light food.



fitness and nutrition

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