

HEALTH HABITS CALENDAR

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6X WEEK

- 3+ servings fruits and veggies
- Water: Men 1 gallon, Women 3 quarts
- 20 minutes self-improvement
- 30 minutes exercise
- Progress pic

DAILY: WRITE # OF ALCOHOLIC DRINKS

2 OR FEWER MEALS PER WEEK WITH

- Sweetened drinks
- Fried foods, bacon, chips
- Desserts and candy (except 85%+ dark chocolate)

Discipline is the bridge between goals and accomplishment

JIM ROHN

PURPOSE

AFFIRMATIONS AND NOTES