

# HEALTH HABITS CHALLENGE DEC 2 - DEC 29

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## 6X WEEK

- 3+ servings fruits and veggies
- 1 gallon of water
- 20 minutes self-improvement
- 30 minutes exercise

## DAILY: WRITE # OF ALCOHOLIC DRINKS

## 2 OR FEWER MEALS PER WEEK WITH

- Sweetened drinks
- Fried foods, bacon, chips
- Desserts and candy (except 70%+ dark chocolate)

Discipline is the bridge between goals and accomplishment

JIM ROHN

PURPOSE

AFFIRMATIONS AND NOTES