21-Day Health Challenge

1. No carbonated beverages
2. No white flour products
3. Cut back on processed sugars
4. Eliminate Fried Foods
5. Eat as many raw foods as possible
6. Exercise on a regular basis
7. Supplement needed nutrients
8. Other: _____

At the end of the day, "x" the corresponding box to indicate that you kept that commitment for the entire day. Your goal: "x" all squares to establish new, healthy habits.

		1	2	3	4	5	6	7	8
Day	1 Date:_____	❑	❑	❑	❑	❑	❑	❑	❑
	2	❑	❑	❑	❑	❑	❑	❑	❑
	3	❑	❑	❑	❑	❑	❑	❑	❑
	4	❑	❑	❑	❑	❑	❑	❑	❑
	5	❑	❑	❑	❑	❑	❑	❑	❑
	6	❑	❑	❑	❑	❑	❑	❑	❑
	7	❑	❑	❑	❑	❑	❑	❑	❑
	8	❑	❑	❑	❑	❑	❑	❑	❑
	9	❑	❑	❑	❑	❑	❑	❑	❑
	10	❑	❑	❑	❑	❑	❑	❑	❑
	11	❑	❑	❑	❑	❑	❑	❑	❑
	12	❑	❑	❑	❑	❑	❑	❑	❑
	13	❑	❑	❑	❑	❑	❑	❑	❑
	14	❑	❑	❑	❑	❑	❑	❑	❑
	15	❑	❑	❑	❑	❑	❑	❑	❑
	16	❑	❑	❑	❑	❑	❑	❑	❑
	17	❑	❑	❑	❑	❑	❑	❑	❑
	18	❑	❑	❑	❑	❑	❑	❑	❑
	19	❑	❑	❑	❑	❑	❑	❑	❑
	20	❑	❑	❑	❑	❑	❑	❑	❑
	21	❑	❑	❑	❑	❑	❑	❑	❑