

Healthy Habits Challenge | Accountability Sheet

Track the following each day for accountability:

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal Protein 3 checks per day							
Vegetables 3 - 5 checks per day							
Salads & Greens 2 checks per day							
Fruits or Legumes 1 check per day (optional)							
Dairy 1 check per day (optional)							
Oils / Fats 5 Checks per day							
Water (1/2 your body weight in ounces) Each check = 10 ounces							
Exercise 3 X per week OR Pedometer 5,000 steps a day - 1 check per day							

Write down your feelings each day, using a few words to keep track of your mood and how you feel.

Monday:
Tuesday:
Wednesday:
Thursday:
Friday:
Saturday:
Sunday: