

# 30-DAY CHALLENGE LOG

## TRACK YOUR PROGRESS!



First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Month/Year \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Birthday (MM/DD/YYYY): \_\_\_\_\_ Age: \_\_\_\_\_

	FRUITS & VEGGIES	EXERCISE & ACTIVITY	WATER CONSUMPTION	HEALTHY TIP
<b>Goals</b>	Aim for 5 fruits and veggies daily	Aim for 30 minutes daily	Aim for 64 oz daily (8 - 8oz cups)	Celebrate any small change you make using the 30-Day Challenge healthy tips!
<b>How to keep track of your goals</b>	Shade in a 🍏 for each fruit or vegetable you eat each day	Shade in a 🏃 for each 10 minutes of exercise you get	Shade in a 🍷 for each cup of water you drink	Mark an "X" in the box if you complete the healthy tip from the 30-Day Challenge Calendar

	Fruits & Veggies 	Exercise & Activity 	Water Consumption 	Complete the healthy tip from the calendar?
EXAMPLE				X
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				
DAY 8				
DAY 9				
DAY 10				
DAY 11				
DAY 12				
DAY 13				
DAY 14				
DAY 15				
DAY 16				
DAY 17				
DAY 18				
DAY 19				
DAY 20				
DAY 21				
DAY 22				
DAY 23				
DAY 24				
DAY 25				
DAY 26				
DAY 27				
DAY 28				
DAY 29				
DAY 30				