

30-Day Challenge Log

TRACK YOUR PROGRESS!



First Name: _____ Last Name: _____

Start Date: _____ End Date: _____ Total Points: _____ /510

	FRUIT & VEGGIES	EXERCISE & ACTIVITY	WATER CONSUMPTION	HEALTHY HABIT	DAILY TOTAL
Goals	Aim for 5 fruits and veggies daily	Aim for 30 minutes	Aim for 64 oz daily (8x 8 oz cups)	Complete one healthy habit each day	Aim for 100%
Keeping Track	Shade in an 🍏 for each fruit or veggie 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	Shade in a 😊 for each healthy habit you complete	Take 1 point for each icon you shaded in

	Fruits & Veggies 	Exercise & Activity 	Water Consumption 	Healthy Habit 	Total Points
EXAMPLE	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	😊	13
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	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	😊	

Healthy Habits

30-DAY CHALLENGE

Pick a different healthy challenge to complete each day.

- Hit the sack early and get eight hours of sleep.
- Write down five things you're grateful for.
- Reduce screen time by one hour.
- Get up and walk three minutes every hour you're sitting.
- Read a book for 20 minutes.
- Avoid sugary treats—eat a piece of fruit to satiate your sweet tooth.
- Start your day with a healthy breakfast.
- Brush your teeth for a full two minutes and don't forget to floss.
- Feeling tense? Take 10 deep breaths and feel your body relax.
- Slow down—it takes 20 minutes for your stomach to tell your brain that it's full.
- Do something nice for someone else today.
- Eat the rainbow—fill your plate with three or more different colors.
- Don't snack after dinner—avoid food at least two hours before bedtime.
- Get outside and work in your yard.
- Go on a walk around your neighborhood.
- Smile and laugh today—it will instantly lift your mood.
- Enjoy a meatless meal. Load up on veggies, beans and whole grains instead.
- Think positive thoughts ... tomorrow is a new day.
- Eat from a smaller plate than usual.
- Say hello to the day with some stretching or yoga movements.
- Portion distortion—check nutrition labels and consume the correct serving size.
- Nuts are filled with protein and keep you full longer—eat a handful when craving a salty snack.
- Try a new exercise video on YouTube.
- Wear your seat belt every time you're in the car.
- Challenge your brain—do a puzzle or sudoku.
- Be silent for one minute and pay attention to the sounds around you.
- Skip the soda for one day—drink more water instead.
- Feel like a kid again—jump rope, hula hoop or play hopscotch for 15 minutes.
- Phone (don't text!) a friend or family member and catch up.
- Eat all your meals at the table instead of at your desk or in front of the TV.
- Get 10,000 steps today.
- Netflix binge? Pause the autoplay and get moving for five minutes before you stream the next episode.
- Do some meal prep for the week ahead.
- Work up a sweat while cleaning up! Chores like mopping and sweeping are great calorie burners.
- Recharge—spend 30 minutes on your favorite hobby.
- Dance like no one's watching—blast your favorite song and get down!