

HEALTHY LIVING CHECKLIST

For the week of: _____
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DAILY ITEMS

	M	T	W	R	F	S	S
Drink 10-12 cups of water per day							
Always walk the long way							
Record food intake online or on paper							
Pack or prepare at home at least 2 meals							
Eat a balanced protein filled breakfast							
Sleep 8-9 hours							
Plan & prep foods for tomorrow							
Pack a healthy snack							
Say at least 2 positive things about myself							
Follow my fitness plan							

WEEKLY ITEMS

Write out goals both big picture and day to day

Try at least 1 new healthy food / recipe

Track my progress and share accomplishments with others

Plan, shop, & prep next week's meal plan

GOALS & NOTES