
Step Into September THM Challenge 2018

Checklist

Daily Goals

- On Plan breakfast, lunch & dinner
- Each 20 minutes of exercise
- Increase fiber
- Non starchy vegetables at each meal
- Post in daily thread
- 7 hours of sleep
- Eat within 1 hour of waking
- Drink ½ body weight in water
- Share a NSV
- Meet fiber goal of 20-25 grams per day
- No food 2 hours before bed (unless FP)
- 10 minutes additional loving movement
- Start/Keep a food journal

Personal Goals

- _____
- _____
- _____

Weekly Goals

★ Stayed On Plan

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

★ Had a Scale or Non Scale Victory

- _____
- _____
- _____

★ Gracefully Loved On Myself

- _____
- _____

★ Set Myself Up for Success

- _____
- _____
- _____