4 Week Healthy Habits Nutrition Challenge







Weekly Goal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prep-Week: Getting Ready	Prep-Week A: Reflect on what you most want to get out of this Healthy Eating Challenge. What motivates and inspires you to improve your nutrition habits?	Prep-Week B: Take measurements Photos: Weight: Waist: Hips: Bust/Chest: Body Fat % (In-Body):	Prep-Week C: Pick a reward for successful completion of the Healthy Eating Challenge (e.g: massage, new book, pedicure, flowers, money towards a fun event) Success = 80% (22 squares) completed in 4 weeks	Prep-Week D: Reflect on the barriers you may encounter. Brainstorm positive solutions to overcome the challenges that might try to stand in your way. Visualize your success!	Prep-Week E: Tell someone you're starting a 4-Week Habits-Based Healthy Eating Challenge. Be accountable to a buddy who will cheer you on.	Set up your kitchen by emptying out your fridge, freezer, and pantry of expired foods and removing (or hiding) junk foods so they are out of sight.	HEALTHY. GROCERIES Grocery shop for healthy food that will support you this upcoming week. Ensure to fill your cart with lots of colorful vegetables!
Week 1: Vegetables Aim for 50% of your plate at lunch and dinner to be vegetables Week 2: Protein Aim for source of protein at breakfast, lunch, and dinner	☐ Lunch veggies ☐ Dinner veggies ☐ Breakfast protein ☐ Lunch protein ☐ Dinner protein	☐ Lunch veggies☐ Dinner veggies☐ Breakfast protein☐ Lunch protein☐ Dinner protein	☐ Lunch veggies☐ Dinner veggies☐ Breakfast protein☐ Lunch protein☐ Dinner protein	☐ Lunch veggies☐ Dinner veggies☐ Breakfast protein☐ Lunch protein☐ Dinner protein	☐ Lunch veggies☐ Dinner veggies☐ Breakfast protein☐ Lunch protein☐ Dinner protein	☐ Lunch veggies☐ Dinner veggies☐ Breakfast protein☐ Lunch protein☐ Dinner protein	☐ Lunch veggies☐ Dinner veggies☐ Breakfast protein☐ Lunch protein☐ Dinner protein
Week 3: Beverages Increase your water intake, and cut back on (or cut out) soda, juice, and alcohol for 7 days	□ 8+ cups of water□ No sugarybeverages (soda, juice, coffee)□ No alcohol today	□ 8+ cups of water□ No sugarybeverages (soda, juice, coffee)□ No alcohol today	□ 8+ cups of water□ No sugarybeverages (soda, juice, coffee)□ No alcohol today	□ 8+ cups of water□ No sugarybeverages (soda, juice, coffee)□ No alcohol today	□ 8+ cups of water□ No sugarybeverages (soda, juice, coffee)□ No alcohol today	□ 8+ cups of water□ No sugarybeverages (soda, juice, coffee)□ No alcohol today	□ 8+ cups of water□ No sugarybeverages (soda, juice, coffee)□ No alcohol today
Week 4: Eat Out Less Make 1 meal/day a less processed, more whole- foods option. Plan ahead or batch cook to help make healthy meals easy to grab and accessible	☐ Had at least 1whole-foods meal today☐ Bonus: didn't eat out at all today	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today	☐ Had at least 1 whole-foods meal today ☐ Bonus: didn't eat out at all today	☐ Had at least 1whole-foods mealtoday☐ Bonus: didn't eatout at all today