

JANUARY HEALTH CHALLENGE:

Choose **ONE** of the following goals to improve health and lower body mass index.

- Give up one bad habit for the month (i.e. Cut energy drinks or soda from your diet; eliminate your daily donut run, cut out your nightly ice cream binge, etc.)
- Join My Fitness Pal to monitor calories and adjust accordingly
- Eat a minimum of 3 servings of fruits and vegetables daily

Name: _____ Date: _____

January's Goal: _____

What's your big "WHY"?

Your Big Why Is The Driving Reason You Do What You Do. When You Hit A Ceiling Of Achievement, It's Your BIG WHY That Keeps You Pushing. It's The Reason You Keep Going Even When You Want To Give Up. It Can Be People, Places, Things. It's What Matters Most.

Your Big WHY:

Mark off each day as you complete it:

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14
<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20	<input type="checkbox"/> 21
<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28
<input type="checkbox"/> 29	<input type="checkbox"/> 30	<input type="checkbox"/> 31				