

7

DAY WELLTH CHALLENGE

HEALTHY "7'S" HABITS FOR 7 DAYS

LET US KNOW HOW IT GOES.

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DON'T FORGET TO TAG:

@GROWWELLTHY

DAY 1

- 7000 steps
-
-
-
-
-

starting weight: _____
starting waist: _____

DAY 2

- 7000 steps
- 70 oz of water
-
-
-
-

DAY 3

- 7000 steps
- 70 oz of water
- 7 hours of sleep
-
-
-

DAY 4

- 7000 steps
- 70 oz of water
- 7 hours of sleep
- 7 fruits & veggies
-
-

DAY 5

- 7000 steps
- 70 oz of water
- 7 hours of sleep
- 7 fruits & veggies
- 7 movement breaks
-

DAY 6

- 7000 steps
- 70 oz of water
- 7 hours of sleep
- 7 fruits & veggies
- 7 movement breaks
- 7-minute workout

DAY 7

- 7000 steps
- 70 oz of water
- 7 hours of sleep
- 7 fruits & veggies
- 7 movement breaks
- 7-minute workout

ending weight: _____
ending waist: _____

NOTES:

Place a checkmark by the steps you complete each day.

If you complete everything for the day, mark the big box in the corner.

