

Challenge

21 Days

Challenge yourself
Change one thing
Create a healthy habit

I, _____ commit to _____

for the next 21 days.

Signed: _____

Cut on the dotted lines and tear off as you've completed the day.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

You did it!