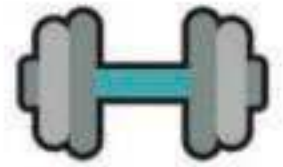




Health & Fitness

Weekly Checklist



	M	T	W	TH	F	SA	SU
Drink 32oz of Water							
Exercise for 30 mins/day							
Stretch for 10 mins/day							
Eat 3 servings of fruits/veg							
No treats on weekdays							
One treat on weekends							
No eating after 8 pm							
Get 7-8 hours of sleep							