



28 Day Kickstart

Print out this log and hang it on your refrigerator. Check the box for each day you accomplish the habit.

Habit:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Hydration Drink at least 2L a day							
Eat Undistracted Eat without distraction							
Sleep In bed 7 hours a night							
Plan your meals Plan a day in advance							

****Remember, the habits build on each other, so in week one you're focused on hydration, in week two you're focused on hydration and eating undistracted, etc. ****

