



My Fresh Start weekly goal sheet

Pick small wins, track Mon-Sun, keep it simple

Post progress with **#TheFreshStartChallenge**

Drink more water

Aim for 8 glasses a day

Total

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

Move for 20 min or steps

Pick a target, log daily

Mon Min Steps # _____

Tue Min Steps # _____

Wed Min Steps # _____

Thu Min Steps # _____

Fri Min Steps # _____

Sat Min Steps # _____

Sun Min Steps # _____

At least one salad every day

Add more greens to your routine

Total

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

My goals for this week