



# 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	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Tue	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Wed	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Thu	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Fri	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Sat	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Sun	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	___

## Move for 20 min or steps

Pick a target, log daily

Mon	<input type="radio"/>	Min	<input type="radio"/>	Steps	<input type="radio"/>	#	___
Tue	<input type="radio"/>	Min	<input type="radio"/>	Steps	<input type="radio"/>	#	___
Wed	<input type="radio"/>	Min	<input type="radio"/>	Steps	<input type="radio"/>	#	___
Thu	<input type="radio"/>	Min	<input type="radio"/>	Steps	<input type="radio"/>	#	___
Fri	<input type="radio"/>	Min	<input type="radio"/>	Steps	<input type="radio"/>	#	___
Sat	<input type="radio"/>	Min	<input type="radio"/>	Steps	<input type="radio"/>	#	___
Sun	<input type="radio"/>	Min	<input type="radio"/>	Steps	<input type="radio"/>	#	___

## At least one salad every day

Add more greens to your routine

		Total
Mon	<input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Tue	<input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Wed	<input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Thu	<input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Fri	<input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Sat	<input type="radio"/> <input type="radio"/> <input type="radio"/>	___
Sun	<input type="radio"/> <input type="radio"/> <input type="radio"/>	___

## My goals for this week

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