

# Weekly Goals

## Food, Fitness

&

## Wellness

- B: \_\_\_\_\_
- 20 oz water
- L: \_\_\_\_\_
- 40 oz water:
- D: \_\_\_\_\_
- Exercise:

- B: \_\_\_\_\_
- 20 oz water
- L: \_\_\_\_\_
- 40 oz water:
- D: \_\_\_\_\_
- Exercise:

### *Eat Nature's Color*

- B: \_\_\_\_\_
- 20 oz water
- L: \_\_\_\_\_
- 40 oz water:
- D: \_\_\_\_\_
- Exercise:

- B: \_\_\_\_\_
- 20 oz water
- L: \_\_\_\_\_
- 40 oz water:
- D: \_\_\_\_\_
- Exercise:

### *Eat Food Near Its Natural Form*

- B: \_\_\_\_\_
- 20 oz water
- L: \_\_\_\_\_
- 40 oz water:
- D: \_\_\_\_\_
- Exercise:

- B: \_\_\_\_\_
- 20 oz water
- L: \_\_\_\_\_
- 40 oz water:
- D: \_\_\_\_\_
- Exercise:

- B: \_\_\_\_\_
- 20 oz water
- L: \_\_\_\_\_
- 40 oz water:
- D: \_\_\_\_\_
- Exercise:

*Aim to eat foods that will rot or spoil, but eat them before they do!*