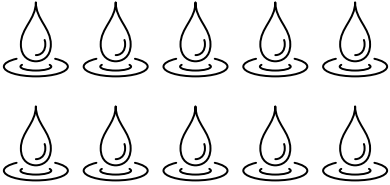
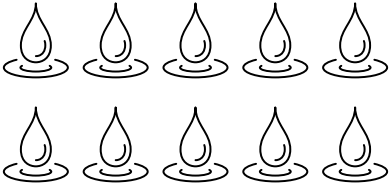
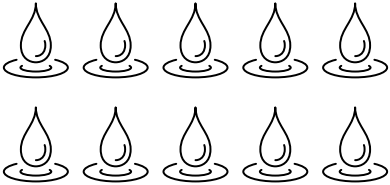
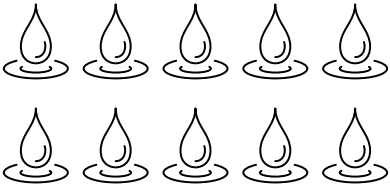
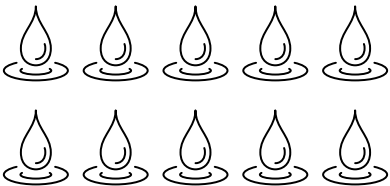
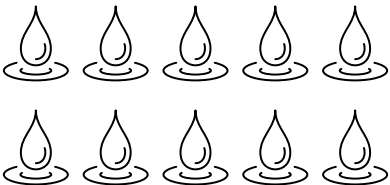


HEALTH HABIT

WEEK OF _____

	MENU PLANNER	WORKOUT	WATER INTAKE
Monday	Breakfast Lunch Dinner Snacks	Exercise	
Tuesday	Breakfast Lunch Dinner Snacks	Exercise	
Wednesday	Breakfast Lunch Dinner Snacks	Exercise	
Thursday	Breakfast Lunch Dinner Snacks	Exercise	
Friday	Breakfast Lunch Dinner Snacks	Exercise	
Saturday	Breakfast Lunch Dinner Snacks	Exercise	
Sunday	Breakfast Lunch Dinner Snacks	Exercise	