



## 2020 Healthy Reset

Name: \_\_\_\_\_

I am committed to:

SUN

MON

TUE

WED

THU

FRI

SAT

\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



My reward for the week is:

\_\_\_\_\_

I'll be better next week on:

\_\_\_\_\_