Healthy Habits

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
	1/8	1/9	1/10	1/11	1/12	1/13	1/14	1/15	1/16	1/17	1/18	1/19	1/20	1/21	1/22	1/23	1/24	1/25	1/26	1/27	1/28
Whole foods																					
Sugar																					
Hydrate																					
Sleep																					
Meditate																					
Alcohol																					
Exercise																					