

Accountability Calendar


	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	Day 7
WEEK 1	Increase Water Intake M: 3.7 F: 2.7 liters						
WEEK 2	Walks 30 mins 5 days a week.						
WEEK 3	Swap 1 meal with a Vegetable.						
WEEK 4	Sleep minimum of 7 hours daily.						

For more customized accountability, please send an email to contact@livingedified.com

Share your experience by emailing contact@livingedified.com

Note: Each week you add on something new.

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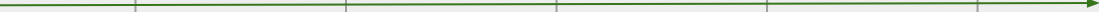

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