

July Beyond Barre

Name: _____

30 day nutrition challenge! You get what you put in..

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Make a smoothie at home that includes fruits and veggies. <input type="checkbox"/> I went to class today	2 Eat a salad today with olive oil based dressing. <input type="checkbox"/> I went to class today
3 Go grocery shopping (no processed foods) <input type="checkbox"/> I went to class today	4 HAPPY 4 th ! Eat watermelon today! <input type="checkbox"/> I went to class today	5 Sautee veggies as a side dish. – Self Defense Seminar! <input type="checkbox"/> I went to class today	6 Try a new recipe! <input type="checkbox"/> I went to class today	7 Make breakfast and include protein, fruit, veggies. <input type="checkbox"/> I went to class today	8 Make some green tea at home. <input type="checkbox"/> I went to class today	9 Start your day with a glass of lemon water. <input type="checkbox"/> I went to class today
10 Make a smoothie at home <input type="checkbox"/> I went to class today	11 Go meatless today and include beans in your day. <input type="checkbox"/> I went to class today	12 Drink 64oz of water today. <input type="checkbox"/> I went to class today	13 Make homemade protein bars to eat before your barre classes! <input type="checkbox"/> I went to class today	14 Eat fish and veggies for dinner (not fried) and choose a fruit for desert. <input type="checkbox"/> I went to class today	15 Find orange fruits and veggies to include today. <input type="checkbox"/> I went to class today	16 Try a new spice or seasoning. <input type="checkbox"/> I went to class today
17 Make an egg/breakfast casserole and split up into containers. <input type="checkbox"/> I went to class today	18 Bring your lunch to work. <input type="checkbox"/> I went to class today	19 Choose whole grains today. <input type="checkbox"/> I went to class today	20 Eat almonds for a snack. <input type="checkbox"/> I went to class today	21 Go sweets free today! <input type="checkbox"/> I went to class today	22 Make a homemade soup today. (not that hard). <input type="checkbox"/> I went to class today	23 Meet a friend for a healthy meal. <input type="checkbox"/> I went to class today
24 Eat dinner at the table. <input type="checkbox"/> I went to class today	25 Try hummus. <input type="checkbox"/> I went to class today	26 Pre plan your breakfast, lunch, and dinner for tomorrow. <input type="checkbox"/> I went to class today	27 Post your food to the group for the whole day. <input type="checkbox"/> I went to class today	28 Bring your lunch to work. <input type="checkbox"/> I went to class today	29 Stick to water, coffee, and tea today. <input type="checkbox"/> I went to class today	30 Make dinner with quinoa. <input type="checkbox"/> I went to class today
31 Post what this challenge did for you this month! <input type="checkbox"/> I went to class today		CONGRATS ON COMPLETING THE NUTRITION CHALLENGE!!!				