**Day 42 Challenge**

**Title: Congratulate Yourself**

**Description: Give Yourself a Pat on the Back for a Job Well Done**

You’ve done it! Now congratulate yourself for it. Dedicating 42 days to making lifelong, healthy changes related to eating is no small feat, and you’ve achieved it. Well done, healthy, balanced diet-eater.

Take a moment and give us some feedback about the program. What did you like? What didn’t you like? Did it help? Good, bad, or meh, we’d love to hear from you.

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