



21 Days,
Foods,
Pounds

HABIT CHANGER

Name _____

Beginning Date _____

Daily Checklist

Day #1	Day #2	Day #3	Day #4	Day #5	Day #6	Day #7	Results
Day #8	Day #9	Day #10	Day #11	Day #12	Day #13	Day #14	Results
Day #15	Day #16	Day #17	Day #18	Day #19	Day #20	Day #21	Results

My 21 Day Island

Foods

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.
16.
17.
18.
19.
20.
21.

Goals / Notes

1.
2.
3.
4.
5.