

14 DAY CHALLENGE

WEEK #:

MONDAY

1.	WORKOUT	<input type="checkbox"/>
2.	CALORIES	<input type="checkbox"/>
3.	10K STEPS	<input type="checkbox"/>
4.	ALCOHOL	<input type="checkbox"/>
5.	WATER	<input type="checkbox"/>
6.	PHOTO	<input type="checkbox"/>

TUESDAY

1.	WORKOUT	<input type="checkbox"/>
2.	CALORIES	<input type="checkbox"/>
3.	10K STEPS	<input type="checkbox"/>
4.	ALCOHOL	<input type="checkbox"/>
5.	WATER	<input type="checkbox"/>
6.	PHOTO	<input type="checkbox"/>

WEDNESDAY

1.	WORKOUT	<input type="checkbox"/>
2.	CALORIES	<input type="checkbox"/>
3.	10K STEPS	<input type="checkbox"/>
4.	ALCOHOL	<input type="checkbox"/>
5.	WATER	<input type="checkbox"/>
6.	PHOTO	<input type="checkbox"/>

THURSDAY

1.	WORKOUT	<input type="checkbox"/>
2.	CALORIES	<input type="checkbox"/>
3.	10K STEPS	<input type="checkbox"/>
4.	ALCOHOL	<input type="checkbox"/>
5.	WATER	<input type="checkbox"/>
6.	PHOTO	<input type="checkbox"/>

FRIDAY

1.	WORKOUT	<input type="checkbox"/>
2.	CALORIES	<input type="checkbox"/>
3.	10K STEPS	<input type="checkbox"/>
4.	ALCOHOL	<input type="checkbox"/>
5.	WATER	<input type="checkbox"/>
6.	PHOTO	<input type="checkbox"/>

SATURDAY

1.	WORKOUT	<input type="checkbox"/>
2.	CALORIES	<input type="checkbox"/>
3.	10K STEPS	<input type="checkbox"/>
4.	ALCOHOL	<input type="checkbox"/>
5.	WATER	<input type="checkbox"/>
6.	PHOTO	<input type="checkbox"/>

SUNDAY

1.	WORKOUT	<input type="checkbox"/>
2.	CALORIES	<input type="checkbox"/>
3.	10K STEPS	<input type="checkbox"/>
4.	ALCOHOL	<input type="checkbox"/>
5.	WATER	<input type="checkbox"/>
6.	PHOTO	<input type="checkbox"/>

MEASUREMENTS

1.	WEIGHT (KG)	
2.	WAIST (CM)	
3.	CHEST	
4.	HIPS	
5.	ARM	
6.	THIGH	

NOTES