



30  
days

# TO SIMPLIFY YOUR LIFE, & TACKLE GOALS

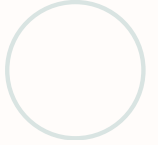
ONE DAY AT A TIME  
ONE WEEK AT A TIME  
ONE MONTH AT A TIME

Pick one goal for each month to tackle.

# WEEK NUMBER ONE



Goal



S  
SUNDAY

Breakfast  
Lunch  
Dinner  
Snack

Water(L)



M  
MONDAY

Breakfast  
Lunch  
Dinner  
Snack

Water(L)



T  
TUESDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)



W  
WEDNESDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)



TH  
THURSDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)



F  
FRIDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)



S  
SATURDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)



# WEEK NUMBER ONE



Goal



S  
SUNDAY

Breakfast  
Lunch  
Dinner  
Snack

Water(L)



M  
MONDAY

Breakfast  
Lunch  
Dinner  
Snack

Water(L)



T  
TUESDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)



W  
WEDNESDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)



TH  
THURSDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)



F  
FRIDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)



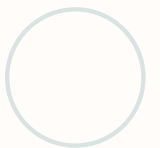
S  
SATURDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)



Goal



Goal



Goal

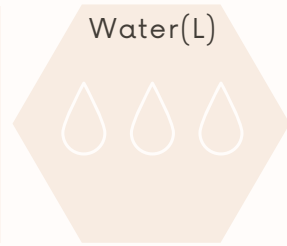


# WEEK NUMBER TWO



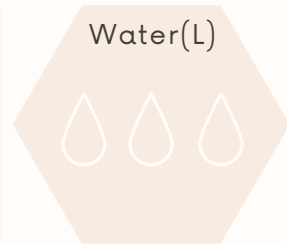
S  
SUNDAY

Breakfast  
Lunch  
Dinner  
Snack



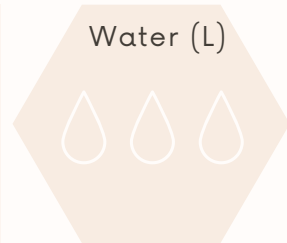
M  
MONDAY

Breakfast  
Lunch  
Dinner  
Snack



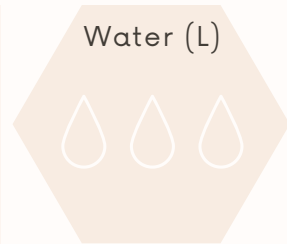
T  
TUESDAY

Breakfast  
Lunch  
Dinner  
Snack



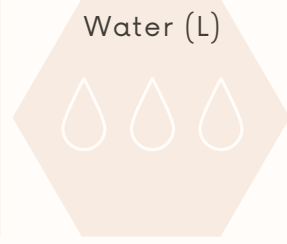
W  
WEDNESDAY

Breakfast  
Lunch  
Dinner  
Snack



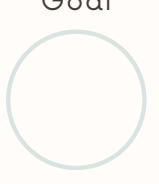
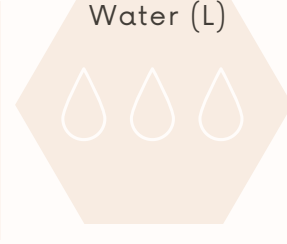
TH  
THURSDAY

Breakfast  
Lunch  
Dinner  
Snack



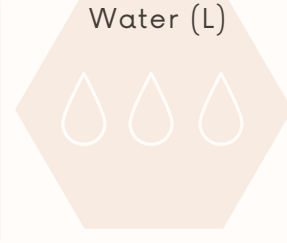
F  
FRIDAY

Breakfast  
Lunch  
Dinner  
Snack



S  
SATURDAY

Breakfast  
Lunch  
Dinner  
Snack



# WEEK NUMBER THREE



<p>S SUNDAY</p>	<p>Breakfast Lunch Dinner Snack</p>	<p>Water(L) </p>	<p>Goal </p>
<p>M MONDAY</p>	<p>Breakfast Lunch Dinner Snack</p>	<p>Water(L) </p>	<p>Goal </p>
<p>T TUESDAY</p>	<p>Breakfast Lunch Dinner Snack</p>	<p>Water (L) </p>	<p>Goal </p>
<p>W WEDNESDAY</p>	<p>Breakfast Lunch Dinner Snack</p>	<p>Water (L) </p>	<p>Goal </p>
<p>TH THURSDAY</p>	<p>Breakfast Lunch Dinner Snack</p>	<p>Water (L) </p>	<p>Goal </p>
<p>F FRIDAY</p>	<p>Breakfast Lunch Dinner Snack</p>	<p>Water (L) </p>	<p>Goal </p>
<p>S SATURDAY</p>	<p>Breakfast Lunch Dinner Snack</p>	<p>Water (L) </p>	<p>Goal </p>

# WEEK NUMBER FOUR



**S**  
SUNDAY

Breakfast  
Lunch  
Dinner  
Snack

Water(L)

Goal

**M**  
MONDAY

Breakfast  
Lunch  
Dinner  
Snack

Water(L)

Goal

**T**  
TUESDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)

Goal

**W**  
WEDNESDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)

Goal

**TH**  
THURSDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)

Goal

**F**  
FRIDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)

Goal

**S**  
SATURDAY

Breakfast  
Lunch  
Dinner  
Snack

Water (L)

Goal



# 30 day accountability chart

## DECLUTTER YOUR MIND, TACKLE GOALS

At the beginning of the month, print this page out and put it somewhere you are everyday (kitchen, bathroom, office) tick the relevant day's box once the habit has been completed.

Day 1	<input type="checkbox"/>	Day 11	<input type="checkbox"/>	Day 21	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	Day 12	<input type="checkbox"/>	Day 22	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	Day 13	<input type="checkbox"/>	Day 23	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	Day 14	<input type="checkbox"/>	Day 24	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	Day 15	<input type="checkbox"/>	Day 25	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	Day 16	<input type="checkbox"/>	Day 26	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	Day 17	<input type="checkbox"/>	Day 27	<input type="checkbox"/>
Day 8	<input type="checkbox"/>	Day 18	<input type="checkbox"/>	Day 28	<input type="checkbox"/>
Day 9	<input type="checkbox"/>	Day 19	<input type="checkbox"/>	Day 29	<input type="checkbox"/>
Day 10	<input type="checkbox"/>	Day 20	<input type="checkbox"/>	Day 30	<input type="checkbox"/>
				Day 31	<input type="checkbox"/>



# YOU GOT THIS!

Remember this time is going to pass anyway, start small and you can take control of your life. Start over as many times as you need to, just NEVER give up on yourself.

*Remember*, you are more likely to continue a habit if you have accountability. Post photos or stories on Instagram using and tag me! I want you to find success.

**I'll share it all!  
Now let's GO!!!!**



@YOURROADMAPBESTIE



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